Thursday, February 4, 2010

Dad wipes out on TV

but he's still a legend

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STUDENTS ACT



Inferno at meat processing f

BY RAYMOND BROWN

Email: editorial@haverhillweeklynews.co.uk

A BLAZE in a bacon factory, which was tackled by more than 30 firefighters, gutted a three-storey building.

Some six fire crews from across West Suffolk battled the huge inferno in a meat processing plant which has caused tens of thousands of pounds damage.

Six fire crews were called to the Vion Food Group pork process-ing plant at Little Wratting at 2.50am on Monday.

Fire broke out in the ground floor oven area but was spotted by engineers.

At the height of the blaze, firefighters from Haverhill, Clare, Wickhambrook, Long Melford and Bury St Edmunds fought to contain the fire.

The blaze was brought under control by 7.35am but fire crews continued to check for hotspots.

Vion, a Dutch company, took over the Grampian Country Food Group in June, 2008.

A company spokesman said: "The fire was discovered by engineers on a routine inspect-ion. They quickly called the fire



service and they arrived and dealt with the situation very

"There were no injuries as a result of the incident and we have moved operations to another part of the site so as not to disrupt supply to our custom-

"The fire did cause extensive

damage to the building and we are now assessing the cost.

"We are co-operating with the authorities and have also launched our own internal investigation to discover the cause of

A turntable ladder and a rescue vehicle also attended.

A Suffolk Fire and Rescue

Service spokeswoman said: "The fire started in an oven on the ground floor. Firefighters used breathing apparatus to enter the building which was well alight.

"By 11am fire inspectors were at the site looking for any hot-

Last year the company shed up to 470 workers after it ann-

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Falling down

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SPORT

Still strong

'Squad good enough to deal with disruptions' **BACK PAGE**





ounced the closure of its abattoir

More than half of its 800 emp-

loyees at the Little Wratting site were part of the firm's restruct-

uring.
■ Blasts at Hundon units add to danger for fire crews – Page 3

and butchery.

For the service was independent garage independent garage independent garage 24 hour Recovery, Roadside Assistance & Home Start Service 20-22 Hollands Road, Haverhill. Telephone 01440 714903

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What's on

Full TV and events listings in our great section



Blog

Jack Grove has vowed to get into shape by embarking on a tough



Traffic updates and live road



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Students act to help Haiti

audience with Boratinspired, hard-hitting theatre.

Samuel Ward Arts and Technology College in Haverhill is staging You're Something Else

Money raised in the

interval will help survivors of the Haiti earthquake.

A school spokeswoman said: "The pupils will showcase an evening of exciting, original theatre, fittingly entitled You're Something Else.

"Inspired by the French



bouffon school of physical theatre, used by Sacha Baron Cohen for the characters of Ali G and Borat, as well as the hardhitting advertising campaigns used by the children's charity Barnardo's, we hope to challenge and entertain our audience.

"The evening will include an interval where the World Challenge Team will supply refreshments and after the performance a raffle will be held in aid of Haiti. Come with an open mind and expect the unexpected.

The show is being put on as part of the school's Business and Technology **Education Council (BTEC)**

The curtain will go up at the college on Thursday, February 11 at 7pm.

The play is deemed suitable for ages 14 and over. Tickets are on sale from the school at £2.



Quelle surprise: left, looking suitably aghast are, from left, Naomi-Jay Craven, Amy Taylor and Emily Carr. Above, the rest of

THE VIXEN Strasbourg Square, Haverhill

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Dad stars on TV's 'Wipeout'

company boss Ali Yagir bounced on the "big balls" in BBC TV's Total Wipeout show at the weekend.

Ali, 39, was eliminated in the second round of the show which features contestants falling into water and mud as they struggle to complete tough tests of endurance and stamina.

But he impressed the show's producers enough to be invited back for a "Legends" show which will be screened at a later

Turkish-born Ali, who runs Haverhill Dial a Pizza, based in Falconer Road, was entered for the show by his wife Wendy and sons Toros, six, and Tayfun, nine.

He had to pass an audition in Britain before being selected to fly out to Argentina where the Total Wipe Out course is set up. The shows were filmed last year for BY JOHN GOODE

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screening this year.

Mrs Yagir said: "The boys watch the show and said: 'Dad could do that' so we nominated him

"He felt he was knocked out unfairly and the producers invited him back for the Legends show about three weeks

Ali said: "It was a complete surprise when I got a phone call from the show saying I had been nominated and could I come for an audition.

"There were about 250 at the audition and only a few of us got through.

"The actual show was a lot of fun - the best thing that happened to me in 2009 - there is great friendship between the contestants and we've all kept in touch.

Legend: Ali Yagir



Groups line up to have say on wind farm plan

BY JOHN ELLUL

Email: editorial@haverhillweeklynews.co.uk

RESIDENTS fighting plans for a wind farm near their village will soon be laying out their objections to the proposals.

Renewable energy firm Enertrag last year saw its bid for eight wind turbines on land between Linton and Great Chesterford turned down by Uttlesford District Council, while South Cambridgeshire District Council (SCDC) failed to make a decision within the application timeframe.

A long-awaited public inquiry into the bid started this week and is expected to last 17 days. It will be attended by representatives from Enertrag UK, both district councils, Pampisford Estates, and the Stop Linton Wind Farm Action Group.

Tony and Helen Crarup, of Linton, were just two of the local residents who attended the hearing to object to the application.

Mrs Crarup said: "Our major worry would be the level of noise the wind farm would create, especially since our home is quite near to the proposed site."

Last year, eight parish councils lodged objections to the plans. Linton, Hadstock, Hildersham, Little Chesterford, Great Chesterford, Hinxton, Little Abington and Great Abington all voiced their disapproval to both district councils.

Around 3,400 questionnaires were also sent out to villagers and of the 1,169 returned, just 17 were in favour. Jim Paice, MP for South East Cambridgeshire, also wrote to SCDC opposing the scheme.

The Stop Linton Wind Farm Action group

has waged a campaign against the wind farm plans since they were first proposed in 2007. It lists the visual impact of the 125metre wind turbines, noise and health concerns, and the potentially adverse effect for air traffic controllers guiding planes to and from Luton and Stansted airports as

reasons to reject the bid.

But the inquiry, chaired by appeal inspector Philip Major and planning inspectorate Paul Jackson, got off to a shaky start on Tuesday when it was adjourned before the end of the first day.

Proceedings were postponed immediately after lunch when a request was received for new information to be taken into account.

Mr Major admitted news of the delay had come as an "anti-climax" to the many parties eager to have their say.

As the inquiry entered its second day, a

spokesman for Enertrag set out the principle components of the landscape before addressing questions of sensitivity.

He said the area was being presented as a "pristine rural landscape" but was in fact agricultural land with the presence of major energy infrastructure

A decision on the application is expected to be made by March.



Final call: above, Thomas Delicate, 6, and Millie Farrant, 7, check in with help from Donna Holland and Rachel Atkins. Below, Charlotte Abrey, 7, with real security guard from Stansted Airport,

Pupils take off to Oz

YOUNGSTERS "flew" to Australia without leaving their

Part of Coupals Primary School in Haverhill was converted into an airport departure lounge – with the aid of staff from Stansted Airport. The pupils had to pass

through the security scanning arch and present their passports before going through to board

their "plane." Staff from the airport explained about security and baggage restrictions.

The mock-up was part of a project on Australia



Blasts at unit add to danger for crews

FIREFIGHTERS set up an exclusion zone at a blazing industrial unit packed with toilet rolls following a series of exp-

Crews were called to the fire at 11.30am on Tuesday in Hundon.

They evacuated a neighbouring property

and set up the exclusion zone as crews drew water from a swimming pool to tackle the fire, near Hill View Farm, Simms Lane, close to

the Plough Inn pub. Crews from Haverhill. Clare, Long Melford and Bury St Edmunds att-ended.

A Suffolk Fire and Rescue Service spokes-woman said: "Crews arrived but had to withdraw after a series of explosions.

"One industrial unit was engulfed in flames."

The industrial estate has three buildings – the one on fire was filled with janitorial supplies, including toilet rolls, towels and cleaning products.

Another unit filled with the same products did not ignite, and a third containing gas cylinders was unaffected after crews contained the fire.

Police advice for child safety

PARENTS are being urged to put 999 on their children's mobile phones after a man followed a 12-year-old girl on her way to and from school.

Officers have launched a fresh appeal for information after the youngster was followed twice by the same man as she walked through an alleyway between Cambridge Way and Parkway Middle School in Haverhill.

Although the bald man did not speak to the girl or try to touch her, police are treating it as an accosting, as the *Weekly News* reported last week.

The man, in his 30s, was white, about 5ft 11in tall and was wearing blue jeans and a black woolly hat. He was carrying two plastic bags.

The incidents happened on Monday, January 25 at about 8.20am and

Pc Will Wright, of the Haverhill Safer Neighbourhood Team, has urged parents to put the police's emergency and non-emergency numbers on their children's mobile phones.

He said: "We have not had any information about the man we would like to speak to so I am making a fresh appeal for witnesses.

"I would also urge children to avoid secluded footpaths and stick to the main roads and always walk together in groups. And if a child is scared or worried when they are walking they can dial 999 or phone the nonemergency number. If parents want some safety advice I am happy to organise talks or meetings.

Anyone with information about the man can phone Pc Wright on (01284) 774100 or Crimestoppers on 0800

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Warning over bogus caller

COUNCIL officials have issued a warning about a telephone scam in which a caller tries to get householders' bank details. St Edmundsbury Borough Council has issued a warning about a caller who claims to be from the council and tells victims that they are due a

council tax rebate. He asks for bank details to send the cash direct to the victim's account.

Similar incidents have been reported in the neighbouring Forest Heath District Council area.

A St Edmundsbury spokeswoman said there had been no revaluation of properties in which rebates are due. She warned people not to give out bank details over the phone.

Anyone who gets a similar call should contact police or trading standards.

Thieves raid farm yard

SCRAP metal and tractor implements worth £2,500 have been stolen from a farm yard

Old radiators, cable and RSJs were among the items stolen from the yard in Little Bradley.

Discs and tines for cultivation equipment and 12 tractor weights were also stolen. Anyone with information about the incident, which happened between 7pm last Thursday and 9am on Sunday, should call Pc Trish Sinclair, of the St Edmundsbury Rural South safer neighbourhood team, on (01284) 774100 or Crimestoppers 0800 555111.

'Naughty' shop in Sunday opening bid

A SEX and fancy dress shop in Haverhill has been hit by the recession – but the owner has risen to the challenge.

The Naughty but Nice store in Queens Street has launched a bid to open on Sundays after seeing a slump in sales due to the economic downturn.

Now the owner Mark Simpkin is launching a new Ann Summers-style home party service and a new website – but he will be aiming at couples.

He opened the store eight years ago amid controversy but has repeatedly had the shop's licence renewed – and its opening hours increased.

Mr Simpkin said: "Since the recession started we have seen sales go down although the fancy dress and party side of the business is doing well.

"I am looking at starting parties like those Ann Summers puts on at people's homes. Instead of aiming at women I will be targeting couples as I'd say about 50 per cent of my customers are women.

"I think if people are going to use sex aids then they should really buy them together."

Mr Simpkin also called for the council to scrap the high cost of sex shop licences and claims Cambridge's Ann Summers store should be subject to licensing BY RAYMOND BROWN

Email: editorial@haverhillweeklynews.co.uk

conditions.

There are no age restrictions on who can enter the shop in Lion Yard – which sells goods ranging from lingerie to sex toys and adult DVDs.

Yet similar stores such as The Private Shop in Chesterton Road and Mr Simpkin's own store have to apply for an annual licence to trade, which includes a condition that they enforce a strict over 18 policy.

Mr Simpkin, who pays the council more than £1,000 a year for his licence, said: "Ann Summers is selling very similar products as we are yet does not have to pay for a licence. Some sex shops in Soho have to pay £30,000 a year and that's why many are closing."

And he believes that sex shops' seedy reputation is a thing of the past.

He said: "Nowadays you see programmes such as Alan Titchmarsh's in the afternoon talking about and showing sex aids. I think the seedy reputation no longer applies."

And Mr Simpkin has applied to St Edmundsbury Borough Council's Licensing and Regulatory Committee to open on Sundays and is waiting to hear its decision.



Party plan: Mark Simpkin, owner of Naughty But Nice shop in Queens Street. $\hfill \ensuremath{\text{\sc CP}}$

Action plan will help heat homes

A HOUSING association has launched a bid to battle fuel poverty among its tenants in Hayerhill.

Suffolk housing association Havebury wants to ensure its tenants can continue to afford to heat their homes – with energy costs expected to rise by up to 25 per cent above inflation by 2020, Havebury's Affordable

Havebury's Affordable Warmth Plan is at the centre of the organisation's work to reduce fuel poverty, a term used when a household spends more than 10 per cent of its income on fuel to maintain an adequate level of heating.

Havebury chief executive, Steve Cook, said: "The predicted increase in fuel costs will hit everyone hard and Havebury is committed to playing its part in tackling the issue.

"An action plan of work is already well under way to ensure that all our tenants can afford to adequately heat their homes."

Havebury has undertaken work to improve insulation in its homes and has increased the installation of energy efficient boilers.

New homes are also built to high eco-friendly standards to reduce heating costs for tenants and help the environment.

Havebury has also fitted solar panels to a number of its properties which can generate up to 50 per cent of a household's annual hot water needs.

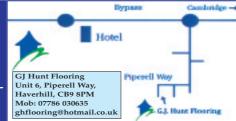


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Dragon fires up pupils' enthusiasm for health

A DRAGON helped primary school youngsters celebrate the success of a healthy lifestyle programme.

Scales the Dragon, from Haverhill Leisure Centre, visited the town's Coupals Primary School when pupils received certificates for taking part in a Fit 4 U project.

The school was the first to take part in the five-week programme which could be extended to all schools in St Edmundsbury.

Members of Abbeycroft Leisure's sports development team visited the school in Chalkstone Way each week to tell pupils about healthy eating, exercise, and sport.

All the children kept a food diary with their parents and were encouraged to think about what they ate at home with their families.

They also designed posters to promote a healthy lifestyle. Teacher Sarah Pector said: "I have been so pleased with all the sessions and especially with the coaches Matt and Chris.

"Both of them were very dynamic, interacted well with the children and obviously are passionate about what



Monster hit: Scales the Dragon with Natasha Plumb and Harvey Day, both 8, and other pupils who took part in the Fit 4 U project at Coupals Primary School.

they do, which I think is vital for the children to see.

"The children really enjoyed all the sessions and it was a wonderful opportunity to be part of this great and vital

project." Michelle Curran, sports development officer, said: "All the children seemed to really enjoy the lessons we had prepared and it fitted in with the curriculum. It is our intention to roll out the programme across St Edmundsbury and our ambition is to offer it to all schools in the county.

"We tried to involve the whole family in the project by giving the children a food diary to fill in at home and to encourage them to talk to their parents about the food they eat together as a family.

"Hopefully the parents learned something too."

pt SUPPLIERS AND INSTALLERS



Apt



Ex-Royal aide's plea to fix path

A FORMER Royal servant suffered two black eyes after tripping on a damaged pavement in Haverhill.

Beatrice Peters, 80, fell in the High Street outside Clarks shoe store after stumbling on cracks in the paving stones.

The pensioner, who once served as a parlour maid to Lady Astor's son after leaving her home island of St Helena in the South Atlantic in 1948, was left traumatised and with black eyes.

She said: "I was trying to avoid another person when my foot went into the crack in the pavement and down I went.

"I am 80 and I couldn't keep my bal-

BY RAYMOND BROWN

Email: editorial@haverhillweeklynews.co.uk

ance and I fell face-first and got two black eyes. It was terrifying. The council should do something about it before someone else gets hurt a lot worse.

"I was lucky that I didn't break a leg or a hip."

But the brave pensioner refused to go to hospital after the fall last Thursday and says she will not take any legal action.

She added: "Everyone sues for everything these days. People have to take responsibility. All I ask is that the council takes theirs seriously and fixes the

navement "

Beatrice came to Britain from the island where Napoleon was exiled and was thrust into the glamorous post-war world of royal parties and rubbed shoulders with the stars.

She said: "I served Princess Margaret and many royals and Hollywood stars while I was a parlour maid."

And she had a close encounter with heartthrob of the time and original *Casino Royale* star David Niven.

She said: "He was going riding and I went to his room to tidy up but he was still there. I saw him putting on his riding britches and I said I'd come back. But he said 'no, come on in'. I was very shy and ran off."

Search for men with dog after teen is punched

A YOUTH was assaulted when two men with a Staffordshire bull terrier approached a group of youngsters.

The 17-year-old victim suffered facial injuries when he was hit by one of the men.

The incident happened on a footpath at Quendon Place, Haverhill, at around 7.45pm on Tuesday. The youth was with a group of friends near the aeroplane park when two men with the black dog approached them. Girls in the group ran off when the dog ran towards them.

The victim and another youth were left when the assault happened. The two

men walked off separately. One went towards the astro pitches via the old railway line and the other towards Manor Road.

The man with the dog is described as white, between 19 and 21 years old, 5ft 8in tall and was wearing a black or grey hooded top and grey jogging bottoms. The second

man is described as white, in his 30s or 40s, 5ft 10in tall, with a shaved head and was wearing a black hooded top and blue jeans.

Anyone with information should call Pc Colin Cox at Haverhill Police on (01284) 774100 or Crimestoppers on 0800555111.

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WEEKLY NEWS LETTERS

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Discover park for yourself

Sir, On January 1 we visited our son and his family in Haverhill. We went on a planned walk around your East Town Park which was most enjoyable, particularly as we had a covering of snow during the morning The park rangers had organised a general knowledge quiz with the questions hidden all around the park, which encouraged one to visit out of the way areas not normally seen. At the end of the trail we met up in the visitors/information centre where Colin Jakes, one of the rangers, gave us a lovely hot chocolate drink and also answered our questions on the wildlife etc that can be seen in the nark

If you haven't yet visited this park then I recommend that you do so and see and enjoy this lovely park that you are lucky enough to have on your

> Mr J. E. Field Raynham Way

Thank you to all for help after fall

Sir, I would to thank the people who helped me when I had a bad fall on the corner of Eastern Avenue, on Friday, January 22.

The two men who helped pick me up and the two ladies who took me in their car to my doctors, then waited for me and took me home.

Also, thanks to my friends Joyce and Ron who took me to hospital and brought me home. I am ok now thank you. Thank you all for your help, it was much appreciated.

> Marion Radley Trundley Close Haverhill

MEMORIES



■ THIS week's picture, taken from our archives. shows a special birthday at a popular centre. Do you recognise anyone in the picture or know what the event was? Do you know where and when it was taken? Send your answers to: Memories, Haverhill Weekly News, 4 Queen Street, Haverhill, CB9 9EF by Tuesday morning. or email editorial@ haverhillweekly news.co.uk Picture: 622486

showed a Haverhill

Picture: 582793



LETTERS POLICY

Letters should arrive by noon on the Monday before publication. Full name and address must be supplied and details will be withheld only in exceptional circumstances. Letters should be no longer than 250 words and may be edited.

A million residents - but only a handful of doctors

SERVICES provided by primary care trusts (PCTs) for out-of-hours doctors have left more than one million residents depending on just a handful of GPs overnight.

GPs were allowed to opt out of providing an out-of-hours service as part of their 2004 contract changes and responsibility was instead passed to the trusts.

But 565,000 people in Cambridgeshire have been left with as few as three doctors providing overnight cover while neighbouring Suffolk had just two doctors for 600,000 people.

The trusts employ private firms or groups of independent doctors

BY JOHN DOWNING

to provide cover and some have flown in foreign doctors to help.

An inquest was continuing this week into the death of 70-year-old David Gray, from Manea, who was injected with 10 times the recommended dose of painkillers by Dr Daniel Ubani in February 2008.

The Nigerian-born German doctor was employed by Take Care Now, which formerly ran out-ofhours care in East Cambridgeshire and Fenland

Matthew Smith, assistant director of out-of-hospital care at NHS Cambridgeshire, said: "In Cambridgeshire, out-of-hours GP

services are provided by Urgent Care Cambridgeshire (formerly Camdoc), Huntsdoc and Peter-

borough Community Services.

"At present three GPs cover the midnight to 8am shift during the week and at weekends, when call times are at their lowest. An additional two GPs work the midnight to 8am shifts on a Friday to match call volumes.

"There is additional back-up GP cover available as required throughout these shifts if the call demand unexpectedly increases.

"Providers are required to staff all shifts with sufficient doctors, nurses, drivers and call handlers to ensure that all quality standards are

A spokesman for NHS Suffolk

said: "We commission a service which means people in Suffolk who need care out of hours are seen by experienced clinicians, the majority of whom are Suffolk GPs."

The Conservatives have pledged to make GPs responsible for roundthe-clock care.

South Cambridgeshire MP Andrew Lansley, shadow health secretary, said the PCTs had failed to deliver the quality of out-of-hours services the public had a

right to expect.

He said: "Labour are spending £160 million on ensuring GPs stay open for an extra hour some even-ings but at nights and weekends they seem indifferent to the fact that there are hardly any doctors available at all."



Every penny counts: cash raised from a penny bazaar at Marks and Spencer in Newmarket is presented to the Gateopener scheme. Pictured, from left, are Mandy Cockrill, Joy Cole, from Gateopener, Linda Fretwell, Janine Stone, David Buick, Kathie Butcher and Barbara Potter

GENEROUS shoppers gave more than £450 to a charity which supports people with disabilities.

A collection in aid the

Newmarket Gateopener charity, which supports people through Suffolk and Essex, was made at the town's Marks and Spencer store when one of its

"Penny Bazaar' promotions was staged.

A previous collection last year as part of the store chain's 125th anniversary netted £800

for the charity.
Joy Cole, administrator and outreach worker for Gateopener, said: "We were very grateful for this money donated by people who bought items for a penny at M & S.

"We offer a free service to people with disabilities. their carers and professionals that support them. We have funding from the Big Lottery but all donations help with the

"We have a massive database that can help with any issue. We cover the whole of Suffolk and East Cambridgeshire.

Anvone wanting information can contact Gateopener by calling (01638) 667614 or emailing enquiry@gate opener.ora.uk

Biker unaware of 105mph chase

A MOTORCYCLIST who drove on the wrong side of the road in a 105mph police pursuit claimed he was unaware of attempts to stop him.

Kevin Snoad undertook, drove between vehicles and even bypassed a roadblock on the 35mile horror trip, which went on for 17 minutes as two patrol cars and a helicopter gave chase.

The 37-year-old, who was living in Haverhill at the time, was eventually arrested when he stopped his Honda to refuel in Sible Hedingham in Essex.

The drama had begun in Chelmsford and the town's Crown court heard Snoad had been "quizzical" when approachBY CHRIS HAVERGAL

Email: editorial@haverhillweeklynews.co.uk

ed by police, with his reaction said to have shown he was unaware of the activity or thought it didn't apply to him.

Snoad admitted dangerous driving on May 21, 2007.

Judge Christopher Ball QC told You didn't allow yourself enough time to absorb what was going on around you – it didn't take into account the possibility of a doddery old lady pulling

Commentary from the helicopter highlighted the dangerous manoeuvres, although Judge Ball accepted the driving was confined to the main roads and that Snoad slowed down at junctions and roundabouts.

Richard Conley, mitigating, told how Snoad had been unaware of the pursuit and police activity and that there had been no accidents and no one was injured.

He said Snoad, who was working as a builder at the time, had now "settled down" and was "no longer a nomad".

Snoad, now of Douglas on the Isle of Man, was given a six months jail sentence, suspended for two years.

He was also disqualified from driving for a year, ordered to pay £150 costs, and banned from entering Essex for 18 months.

Afterwards, Snoad said: "My driving was shocking and disgusting – I'm still dealing with

Youth climbs onto vehicle to snap aerial

ONE of a gang of youths climbed onto a Land Rover and snapped the aerial.

The vandalism happened in Camps Road, Haverhill, at around 11.05pm on Sunday. One youth climbed onto the blue vehicle parked on a driveway.

He is described as white, 5ft 6in tall, between 13 and 16 years old, of slim build with short blond hair.

He was wearing a navy tracksuit and a

The teenager was with five or six other youths, who had walked from the town centre and left towards

the recreation ground.

Anyone with information is urged to call Pc Victoria Anthistle at Haverhill police station on (01284) 774100 or Crimestoppers on 0800



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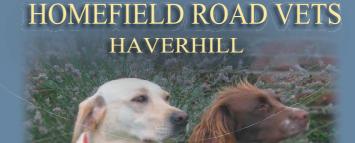
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Adknowledgements

MEADE. Rob and the family of the late Jean, wish to thank all friends who sent kind messages of sympathy following their recent bereavement. Thanks also to those who attended the funeral service and sent such beautiful flowers and kind donations for and kind donations for Brain Tumour UK in her memory. Special thanks are due to Dr thanks are due to Dr Selby and his staff, the carers and the Neurology Units at Addenbrooke's Hospital for all their care and attention given to her. Please accept this as an expression of their sincere gratitude.

In Memoriam

GARNETT Stella May

February 1st, 2002

You soothed our sorrows, Healed our wounds, And drove away our fears, We did our best to repay, The debt in your

twilight years
Our hopes and
prayers alas
were all in vain, Oh just to hear vour voice And see you smile again.

From Christopher, June, Mitchell and

Gemma

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Pancake races to aid quake fund



to flip pancakes in a bid to raise cash for disaster hit

The hilarious races will be held at Haverhill Leisure Centre on Shrove Tuesday, February 16, to raise money for the Haiti Earthquake Appeal.

The centre's mascot Scales the dragon will also take part tail-a-swinging.

Races will take place indoors in the main hall and participants will have the chance to win prizes. As well as a straight course there will also be obstacle races including bouncing balls, hoops and hurdles. Entry is by donation to the Haiti Earthquake Appeal.

Dominic Greenwood

(pictured left), general manager, said: "There cannot be a single person here in Haverhill who has not been affected by the images of the devastating impact that the earthquake in Haiti has caused.

"We thought that we would raise some money to send to the Haiti Earthquake Appeal by asking families to make a small donation to take part in the family pancake races.

"People of all ages are welcome to take part. Who knows, maybe we can lose a few pounds before we eat all those pancakes."

To register your entry in the pancake races contact Haverhill Leisure Centre on (01440) 702548 or just turn up on the day.

Proceeds of crime to be seized

GREATER effort will be made to seize money and assets from criminals to stop them from benefiting from breaking the law.

In Suffolk, where the county's police force received £53,000 redistributed by the Home Office in December, specialist financial investigators are being used to target career criminals who cause most harm in communities.

Members of a drugs gang operating in Cambridgeshire and Suffolk from a base in Haverhill were last week ordered to pay several thousand pounds or have extra time added to their jail sentences.

A conference, hosted by the Suffolk Criminal Justice Board (SCJB), was held at the county's police headquarters to highlight the use of the Proceeds of Crime Act.

One of the main aims was to show that career criminals who had appeared beyond the law are now well within its reach and can expect to have their assets taken, be it their cash, houses, cars or other valuable property.

Chief Constable Simon Ash said: "The focus of our efforts should be targeted at BY JOHN GOODE

Fmail: editorial@haverhillweeklynews.co.uk

those who cause the most harm within the communities of Suffolk. The public want us to take the ill-gotten gains from criminals who live lifestyles beyond their lawful means.

"We have been very successful in doing this and then ploughing cash back into community projects through the national Pay Back scheme.

Temporary Detective Superintendent Steve Mattin said: "We want criminals to feel the full weight of the law, but we also want to put them out of business permanently by taking their profits.

"The Proceeds of Crime Act demonstrates clearly that crime does not pay and we are extremely committed to using these powers to their full potential.

"We are always keen to hear from the public about any person who appears to have wealth and possessions without any apparent legal means of funding this lifestyle, and who they suspect may be involved in criminality."

School wins green flag status

A SCHOOL's green credentials have been flagged up with an international

Kedington School has been awarded the Eco-Schools highly prestigious Green Flag.

For the past few years the school, led by its Eco Council, has been addressing the nine key environmental topics under the Eco-Schools Programme.

They include such subjects as energy, water, biodiversity and global perspectives and the school's actions and achievements in these nine fields were assessed last

Eco-Schools is an inter-

national award programme. Forty six countries around the world run the programme, linking schools from the UK to France, from Morocco to South Africa.

More than 13,000 UK schools have registered for the programme and over 1,000 of these have been awarded Green Flag status.

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Thieves take gardening tools

THIEVES raided a white van and made off with gardening by cutting a lock and taking the gardening tools.

The theft happened in Burton End, Haverhill, between 6pm on Saturday and 1.45am the following day.

Offenders broke into the Ford Transit van on a driveway

Anyone with information about the raid is asked to contact Pc Cris Reynolds at Haverhill police station on (01284) 774100 or Crimestoppers, anonymously, on 0800 555 111.

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Tourists bring cash to county

BY JOHN GOODE

Email: editorial@haverhillweeklvnews.co.uk

A CAMPAIGN to attract tourists has been credited with bringing £1.75 million into the Suffolk econ-

The marketing campaign by Choose Suffolk helped bring spending equivalent to nearly £5,000 a day into the county.

Advertisements on the London Underground and other locations were used as part of the "Come to Your Senses: Visit Suffolk" campaign between April and September last year.

The £100,000 campaign included website marketing to promote the county as a place to visit for days out or short breaks.

Now a report compiled from results of an online survey has shown that it succeeded in boosting the county's economy.

Alex Paul, Choose Suffolk's tourism manager, said: "This online survey, the first we have undertaken to test the effectiveness of a tourism campaign, asked respondents who had either visited or booked with the intention of visiting Suffolk whether exposure to the campaign influenced their decision.

It found that there was a particularly high recall rate amongst respondents for Come to Your Senses: Visit Suffolk."

More than £1.1 million is reported to have been spent by visitors who came to the county after looking at a Great Days Out

in Suffolk brochure.
Celia Hodson, chief executive of Choose Suffolk, said: "This evaluation report gives us a clear insight into the most effective



Campaign success: above. Celia Hodson, chief executive of Choose Suffolk, and, right, Alex Paul, Choose Suffolk's tourism manager.

channels for reaching potential visitors to Suffolk, while also revealing their patterns of spending behaviour and length of stay in the county.

"Tourism is extremely important to the county's economy and contributes £1.63 billion per year to Suffolk, so it is important that we are targeting our marketing campaigns effectively, as this research demonstrates, and successfully positioning Suffolk as a premier tourism destin-

Choose Suffolk is the trading name of the Suffolk Develop ment Agency which ran the campaign in partnership with the county council.



Jewels and laptop stolen

A FLAT-screen television, along with a laptop computer and other items worth several thousand pounds, were stolen in a house burglary. Thieves broke into the house at Moneypiece Close Haverhill through a conservatory

They stole a 32-inch Samsung television, a Sony Vaio laptop, two pieces of Tiffany iewellery, a white DS Lite and an amount of

Anyone with information about the burglary, which happened between midnight on Wednesday, January 27 and 7.45am the following day, should call Det Con Jackie Mumford at Bury St (01284) 774100 or Crimestoppers on 0800 555111.

Thieves strip scooter bare

THIEVES dismantled a mobility scooter, stealing parts worth around £400. The Karelma scooter was in a front garden at Somerset Court,

Haverhill between 6pm on Wednesday, January 27, and 9am the following day. The seat, motor casing, electric motor, back wheels and two batteries were stolen. Anyone with information should call Pc Rebecca Molisso at Haverhill Neighbourhood Response Team on (01284) 774100 or Crimestoppers on 0800

Cash goes in office raid

555111

BURGLARS forced open an office window and made off with cash.

The break-in happened in Duddery Hill, Haverhill, between midnight and 5.30pm on Sunday. Offenders broke into the office and workshop by forcing windows and stealing cash. Anyone with information should call Pc Jane Mangnall at Haverhill police on (01284) 774100 or Crimestoppers on 0800

555 111

Extra tool in fight against drugs

A BOOST has been given to the Suffolk police drug-busting armoury.

The force has bought a new drug detection device with funding from the West Suffolk and Babergh East Local Strategy Partnership.

The Ion Track machine will be the county's third trace detector, which can sense even the smallest

traces of illegal substances.

The detector will be used in the West Suffolk area, including Haverhill, to identify drugs on any object such as hands tables or laptops and even money.

It works by officers brushing the surface to take a swab, which is then fed into the trace

detector to reveal any illegal substances such as cocaine, heroin and ecstasy.

It is used around the world and uses the same process as equipment commonly seen at air-

Robin Pivett, Suffolk Police community safety officer, said: "This machine gives excellent results

and takes the guesswork away for any police officer who suspects drugs. We will mainly be using the machine for community safety work but it can also be used for law enforcement.

"Anyone who gives a positive reading is off-ered support if they think they have a problem with substance misuse.

For the latest local news - www.haverhillweeklynews.co.uk

Built with you in mind



Parliamentary hopeful: Matthew Hancock.

Shadow chief in fight for a seat

BY JOHN GOODE

Email: editorial@haverhillweeklynews.co.uk

THE chief of staff to shadow chancellor George Osborne has been selected as the Conservative candidate for West Suffolk.

Matthew Hancock, 31, will contest the seat being vacated by MP Richard Spring at the next general election after beating off five other candidates.

The married father-of-two won the nomination in an "open primary" in Mildenhall, which party members and the public were eligible to vote in.

Mr Hancock, a Cambridge University graduate, said he was "thrilled and humbled" by the result.

He told the *Weekly News*: "It is a great honour to be selected to fight the seat by the people of West Suffolk.

"Î'm going to get a home in the constituency as soon as possible."

Mr Hancock said his campaign priorities

would be based around stopping "in-appropriate house building" in Newmarket, supporting the development of Haverhill and improving transport links.

He was born in Cheshire and got a first class degree in politics, philosophy and economics at Oxford University before completing a masters at Christ's College, Cambridge.

He worked at the Bank of England for five years before joining Mr Osborne's team in

He added: "I am humbled to have been selected in an open primary to fight West Suffolk for the Conservatives at the election, when every voter in West Suffolk was invited to select the candidate.

"My wife Martha and I are looking forward to making a home in the constituency.

"I am delighted to have received support from local candidates who put their names forward, and look forward to becoming local and fighting West Suffolk."

Labour party candidate Cllr Ohid Ahmed was in Newmarket preparing election materials and meeting safer neighbourhood police officers at the same time as the Conservatives were staging the open primary selection.



Junior Award Scheme: help with fees

We can offer help with fees to children aged 7 or above in Autumn 2010 (Year 3 upwards) who would benefit from the education we offer at our 3-11 co-educational independent primary school. Children with a particular talent to develop - for example, music, drama, sport or academic strength - are invited to apply for a Junior Award by 26 February 2010.

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Weddings

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Willsher – Hassan

Carne Willsher and Nihal Hassan, both of Haverhill, had their British wedding at Bury St Edmunds register office and their Turkish wedding at The Grand Palace, London,

Photo: The Gallery

Sharing history of ancient churches

MARION Welham has been given the job of attracting more visitors to Suffolk's historic churches.

She has been appointed church buildings and tourism officer for the Diocese of St Edmundsbury and Ipswich, on a threeyear deal largely funded by English Herit-

age.

The new position aims to help congregations maintain the county's 478 churches – more than 95 per cent of which are listed - and to attract more visitors.

Ms Welham, who was born in Suffolk, said: "Our churches can unlock many centuries of history and should be a real magnet for visitors.

"Most of them date back to medieval

times, when they would have been busy and colourful centres of activity and social

"It would be great to think we could reconnect our churches with the wider community, either by sharing their rich heritage through education and workshops, by using the space for local events such as concerts and exhibitions, or helping to meet community needs for

local produce markets or self help groups." Nicholas Edgell, the diocese's chief executive officer, said: "I am delighted the churches in Suffolk are being further supported by our English Heritage, and private donors working in partnership

HAVO seeks funds

AN umbrella organisation for voluntary groups in Haverhill needs more funds to keep going.

Last week the Weekly News reported

that Suffolk county councillor Phillip French had agreed to give £6,000 from his locality budget towards the £9,000 needed to keep The Haverhill Association of Voluntary Organisations (HAVO) runn-

We would like to clarify that HAVO hoped the £6,000 would "enhance" the £9,000 it wanted to secure from St Edmundsbury Borough Council and would help it reinstate a part time member of staff.

We apologise for any confusion.

lop officer supports heroes

THE Help for Heroes charity has been given a huge boost thanks to Suffolk's top police officer.

Chief Constable Simon Ash is supporting the cause by wearing a pin badge.

He also gave the go-ahead for all members of the constabulary to wear the badges, the sale of which will raise money for the national charity that helps wounded serBY RAYMOND BROWN

Fmail: editorial@haverhillweeklynews.co.uk

vicemen and women returning from Iraq and Afghanistan.

The badge, which was developed by Norfolk Constabulary, has been produced in the colours of the three armed forces.

Bryn and Emma Parry founded the charity in October 2007 out of a desire to help the wounded service

personnel returning from operational tours.

Chief Constable Ash said: "I fully support the Help for Heroes charity and I am delighted that these badges have been made available for those who choose to support our wounded service personnel.

"Suffolk has a close association with the armed forces and our thoughts are with those who are putting their lives at risk in places

like Afghanistan."
Lord Tollemache, Lord Lieut-enant of Suffolk, said: "Police officers, staff, their families and friends should feel proud to wear this new badge on their uniforms or work clothes. Along with many other people in this country, I fully support the charity's aims."

Similar pin badges without the "Police" detail can be purchased via the Help for Heroes website at www.helpforheroes.org.uk





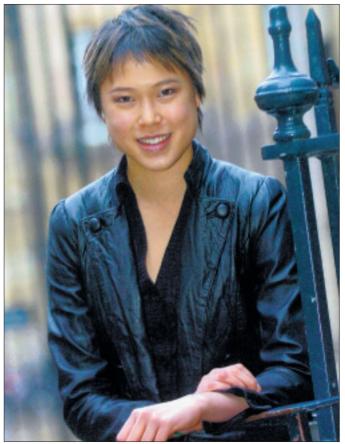
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Jessica's back at her best after finding her own cure



Research: medical student Jessica Wong looked for treatment to help her back condition.

Picture: Warren Gunn 620838.

ENJOYING a summer holiday with her family, Jessica Wong didn't have a care in the world.

Having just completed her GCSEs, and looking forward to starting her A-levels that September, Jessica's life changed suddenly when, during a day on the beach, her mum noticed something was wrong with her back.

"I was in my bikini, so it was probably quite visible then," explains the 19-year-old Cambridge student. "Apparently, it's quite a classic story about how Scoliosis is noticed, because when people have their clothes on you don't notice it too much."

What her mum had noticed was that Jessica's back wasn't straight – in fact it was curving at an alarming angle.

Once back in the UK, and with her mum for support, Jessica went to her GP who diagnosed Scoliosis: a back condition that causes the spine to curve to the left or right. It affects more than four per cent of the population.

"Once I started looking I did notice the curve in my spine more and more, especially when I looked

Facing a life of pain or potentially dangerous surgery to correct a spinal condition, Cambridge medical student Jessica Wong turned sleuth to research her own solution — with remarkable results. Here she tells LOUISE MARTIN how she did it

at photos and in the mirror," remembers Jessica. "I avoided wearing certain types of clothes that showed it off."

Referred to an orthopaedic surgeon to confirm the diagnosis, Jessica was dealt the devastating news that Scoliosis is incurable. The only treatment available to correct the spine is a major operation involving metal rods being permanently inserted under the skin either side of the spine, before the spine is fused solid – an operation which carries the risk of paralysis.

"I was told that because there is no cure I just had to observe my spine to see if it got any worse – generally, just live with it," says Jessica. "The operation wasn't offered to me, but it was never something we were considering or wanted."

Disappointed with the consultation, Jessica threw herself into her

studies in her home town of Chichester, with her increasingly curving spine and recurring back pain as constant reminders of her

"I searched Scoliosis a lot on the internet, where there are lots of horror stories. It didn't really help, it just panicked me," explains Jessica. "I was definitely

"I was definitely unhappy living with Scoliosis then, generally because I felt I was quite young to be feeling like I did.

"I didn't notice it every minute of every day but in my Saturday job, which was at a pharmacy, I would feel very achy at the end of my shift from standing up all day and just being generally uncomfortable with backache.

"I was always thinking about the Scoliosis and that I was going to live like this for the rest of my life, with aches and pains. I thought, if I've got backache now, what will

it be like when I'm older?"

Managing to cope with the pain during her Alevels, Jessica didn't let the condition affect her studies and, in 2008, was delighted to get the grades required to study medicine at Cambridge.

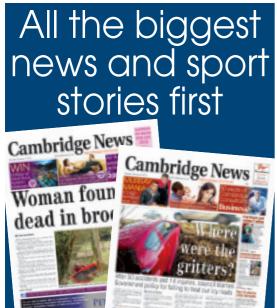
However, at the start of her first year in the city, Jessica began to experience excruciating back pain and returned to a website, Scoliosis SOS, for help.

"My back was getting worse and I wanted to do something about it," remembers Jessica.

After discussing Scoliosis SOS with her parents, Jessica went to the Suffolk-based clinic for a consultation and to discuss attending a fourweek treatment course.

Founded and run by Erika Maude, who has Scoliosis herself, the clinic opened three years ago and is the only one in the world to offer treatment following the non-invasive ScolioGold

DON'T MISS THE Cambridge News NEXT WEEK











Before: the curve in Jessica's back can be clearly seen, left. Right, the improvement to Jessica's back following the treatment. $$\sf CP$$

method, which uses a combination of non-

surgical treatments. Originally writing the treatment off when she was 16 due to its price (about £3,000 for the four-week course), and because it was not a guaranteed cure, Jessica and her parents now felt it was her only option.

"Because of university, I wasn't free to go on the course until June last year, so I spent my first year at Cambridge in quite a bit of pain," says Jessica. "The treatment was from 10am-5pm, Monday to Friday, at the clinic in Martlesham.

"There were 12 other people on the course, so I got to meet other people who had Scoliosis; it helped to hear their stories. The first few days were teaching us about Scoliosis and then the rest of the course was about seeing where my spine was worse, taking measurements and learning exercises to strengthen my back, which I now have to do every day for 30 minutes."

As each week of the course passed, the curve of Jessica's spine improved and, as our before and after shots show, at the end of the four weeks, there was a significant change in her profile and her back muscles were much stronger.

"That was my back at it's worst," says Jessica, pointing to the picture of her back taken before her treatment began. "I like looking at that one and seeing the difference."

Now living relatively pain free, Jessica's back continues to improve following the course thanks to her daily exercise routine. "I get quite a nice feeling from the exercises, it's like a big stretch in my back,"

she smiles.
"I have to put the effort in to make sure I do them. There are some days when I actually can't do them because I'm too busy, or I've gone away for the weekend, but generally I do it every day. Some days I'd rather not, but I make myself."

Sitting with perfect posture, which Jessica tells me requires a lot of concentration, it is impossible to tell that Jessica suffers from Scoliosis.

"A lot of my friends don't really believe that I have a spine problem because you can't see it, but they would know if I'm suffering a bit or if I've pushed myself too far as I'll be a bit grumpy," laughs lessica.

Despite being able to manage her Scoliosis through exercise, Jessica admits that it's frustrating not knowing what caused her spine to curve in the first place.

She says: "I've never had an answer for why I got it. The doctors don't know what definitely causes it, they just know things that can bring it about or make it worse, like I played the violin for five years – that was probably something that

didn't help.

"I would definitely say that if you're not happy with your back, for whatever reason, and you don't want to live with it, then see if you can do something about it."

With no cure for Scoliosis, Jessica will need to carry on her daily exercises until any time in the future that her condition may change, and will return to the clinic every six months for a check up.

"The condition generally stabilises once you stop growing but can get worse with gravity and old age," says Jessica. "So it could get worse if you don't look after your spine – it can also get better, but it will never go away."

Grateful to her parents for noticing the curve in her back and for helping in her recovery, Jessica says: "If I hadn't gone for physiotherapy the chances are in my middle age I would have started experiencing respiratory problems, osteoporosis and more back pain. Sometimes, people have surgery in their later life when it starts getting worse."

Now enjoying a painfree student life in Cambridge, Jessica is determined to keep her Scoliosis in check and live life to the full.

"It doesn't stop me from doing anything. It's there, it will always be there, but I can definitely live with it."



For more information about Scoliosis, visit www.scoliosissos.com or call (01394) 389670.



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Spa relaxation sends

Atlantic Health & Spa has the options to keep all happy

THIS year Valentine's Day falls on a Sunday so there's ample time to celebrate and no excuse not to, says Deborah Unger, of Atlantic Health & Spa in Cavendish.

The British generally spend an estimated £50 million on flowers and triple that on chocolates around Valentine's Day but, according to one recent poll, most people had still not made up their minds what presents to

ADVERTISING FEATURE

get their loved ones at the end of

Romance, it has to be said, comes in many different packages. Atlantic Health & Spa has some special offers for couples that combine romance with relaxation and a touch of luxury: the perfect combination for a very special Valentine's Day.

The Romantic Spa Day for Two

special includes a luxury 30minute treatment of choice, use of the club facilities and chocolates and bubbly, all for £30 each. Couples can choose from a menu of massages, facials, manicures or other body treatments. And the café at Atlantic has a Valentine's brunch over the weekend to add to that special time together.

The club, which is relatively new to the area, opened in 2007



Relax: At Atlantic Health & Spa is set in a beautiful location just 15 minutes from Haverhill - between Cavendish and Clare.



The Old Red Lion Inh



out ace Valentine's message



Special gift: Atlantic is offering a special package priced at £30 throughout February.

and is only 15 minutes from Haverhill. It is set in a beautiful, quiet location, between Cavendish and Clare, and is housed in a

series of converted barns.

The pool is the club's centre-piece: an oasis of blue in a stunning 15th century, timbered barn. There is also a jacuzzi, aromatherapy steam room and sauna, and if you are feeling energetic, a stateof-the-art gym.
"We think the spa day for

two is perfect for Valentine's Day: a dip in the pool, time in the jacuzzi, warm up in the sauna and his and hers massages, plus bubbly and champagne. Now doesn't that sound romantic?" says David Thurkettle, manager at

Atlantic.

The £30 each package is available throughout February, but the special brunch is only on the Friday, Saturday and Sunday of the Valentine's weekend.

Beauty gifts too are clearly favourites for would-be Casanovas, and Atlantic's website – which is at www.atlantichealthandspa.c o.uk – has seen healthy traffic for vouchers for spa treatments and beauty products.

"This month we've got a very special gift just for her," says David. The offer is for a mini, luxury manicure, a back massage and a bareMinerals flawless make-

application demonstration for £50. It's guaranteed to make your wife or girlfriend look and feel amazing and it's £20 off the usual price.

Atlantic is also open for memberships. Right now the joining fee is £10, a 60 per cent discount, and the second month is free, so there's no excuse not to keep those New Year's resolutions. For more information call (01787) 279 009.



The Red Lion, Sturmer

Valentines Menu

Starters

Tomato and Basil Soup - served fresh doorstep bread Chicken Parfait - served with Red Onion Compote and Crosstinis

Prawn Cocktail

Mains

80z Rib Eye steak - Served with the choice of Home Made Chips, or mash potato with cheddar, stilton butter, flat mushrooms and plum tomatoes

Pan Roast Salmon - Served on a bed of crushed new potatoes, green beans and tarragon cream

> Rack of Lamb - with creamed mint potatoes and seasonal vegetables

Home Made Vegetable Lasagne - Served with doorstep garlic toast

Dessert

Chocolate Brownie - served with vanilla pod ice cream Lemon and Lime Tart - Served with fresh cream Vanilla Cheesecake - served with wild berry coulis

£,19.95

Valentines Menu available Feb 13th 6-9.30pm and 14th 7-9.30pm

To view all our menus click on www.redlionsturmer.co.uk 01440 766971

`\$D\\$\\$B\\$B\\$B\\$B\\$B\\$\\$\\$\\$



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TV and cigars go in club raid

BURGLARS smashed glass and doors in an exservicemen's club where a flat screen television and cigars were stolen.

The club in Quakers Lane, Haverhill, was broken into when glass in the back door was smashed.

The thieves forced two internal doors to get to the bar area where they stole a 32-inch JVC television and a display case containing cingre

Anyone with information about the incident, which happened between 12.30am and 1am on Wednesday, January 27, should contact Suffolk police's Crime Investigation Bureau on (01473) 613500 or Crimestoppers, anonymously, on 0800 555111.

Vandals slash vehicles' tyres

KNIFE-wielding thugs attacked three cars.

The yobs slashed the tyres of the vehicles in Ruffles Road, Haverhill.

The cars were in parking bays when the attacks happened between 6.50pm on Saturday and 11.30am the following day.
Calls in relation to this incident should be made to Pc Colin Cox at Haverhill police station on (01284) 774100 or Crimestoppers on 0800 555 111.

Pair use networks to help fight bank

A COUPLE who have fought a two-year battle to avoid eviction from their Linton home are hoping people power will help them win their fight.

Paul and Nikki Turner believe they are the victims of a rogue banker who defrauded their small business when he worked for HBOS's Reading branch.

In January the couple, who live with daughters Sophie, 18, and Laura, 17, appeared in court for the 18th time since 2007. And not even a Parliamentary debate has resolved the issue.

Now with the help of well-wishers, the family have started a social networking campaign via Facebook and Twitter to recruit public support for their cause, as well as a website.

Nikki said: "The Facebook site was set up by someone we don't know, who wanted to support our case. There has also been a website set up by someone we've never met. The website all came about through me talking about the case on Twitter, and was set up by someone from Sawston, just down the road.

"The Facebook group was set up by a musician from Belfast who also RV INHN FI I I II

Email: editorial@haverhillweeklynews.co.uk

heard about our battle with HBOS via Twitter.

"People have been absolutely fantastic and so supportive."

The 'Stop HBOS' group was created by Stephen Browne, and already has over 500 members in only a few days.

A blog detailing the Turner family's ongoing dispute with the bank has also been established, at www.stop-hbos.co.uk. In June 2009, MP Jim Paice raised the issue in the House of Commons.

"The point we are trying to make is that if a bank causes you to lose your livelihood as they have done to us, they cannot also evict you. There are a lot of people who have been put in this position for any number of reasons," said Nikki.

Nikki tweets on the social networking site Twitter as @spandavia. Her regular updates have helped maintain interest in the case as the family fight to keep their home.

The bank has already stopped bank accounts for their record label and music publishing business.



Progress in disease research

SCIENTISTS have made a breakthrough in the battle to cure major diseases.

Babraham Research Institute has made a discovery about cells, to hopefully increase understanding of how some ailments develop.

The discovery focused on how cells were reprogrammed, said Babraham spokeswoman Dr Claire Cockcroft.

She said: "As an embryo develops, cells acquire a particular fate, for example becoming a nerve or skin cell. Our findings pinpoint a protein called AID as being important for cellular reprogramming in mammals."

She said cells were not only governed by the genome – hereditary information – but by chemical changes to DNA, the substance that enables human beings to develop.

Research into these changes is called epigenetics, which looks at how genes get switched on or off, enabling different tissues and organs to arise from a single fertilised egg.

When epigenetic processes go wrong, diseases may occur.

Unlocking the principles of reprogramming can be harnessed to benefit regenerative medicine and stem cell therapy.

Cambridge News & Richmond's Coaches

DAY TRIPS from local pick-up points





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A MOTORIST was injured when her car overturned into a ditch on the A1307 last Friday.

The 41-year-old woman had to be released from her vehicle near Linton by firefighters using specialist cutting equipment.

Emergency services were called to the scene, where the dual carriageway becomes a single carriageway, at about 3pm.

An ambulance service spokeswoman said the driver's injuries had not been serious and that she had been taken to Addenbrooke's Hospital.

Firefighters from Cambridge and Sawston attended and police stayed on the scene until the vehicle was recovered.

Roadside rescue: the car that ended up in a ditch on the A1307, near Linton.



New campaign to tackle waste

WASTED medication in Cambridgeshire is costing the taxpayer more than £5 million a year.

NHS Cambridgeshire announced the figure ahead of a new campaign to reduce the problem.

It said the cash could pay for 1,000 cataract operations or hip replacements, 700 heart bypasses, 150 community nurses or 900 knee operations

In the new scheme, GPs and prescribing practices will encourage people to return all their unused medication – to see just how much of it is being wasted

One of the main concerns is repeat prescriptions, which are ordered and collected by patients but may not be needed because they have stopped using the drugs. Kelvin Rowland-Jones, principal pharmacist at NHS Cambridgeshire, said: "Wasted medicines means wasted money, as medicines cannot be reused."

Police link raid and copper theft

BUNGLING burglars have raided two properties – but one break-in was foiled by a brave nightshift worker.

The latest break-in happened on Tuesday in Homerfield Road, Haverhill, when the raiders broke into an office at a warehouse.

They forced open a window just after midnight but were confronted by a

BY RAYMOND BROWN

Email: editorial@haverhillweeklvnews.co.uk

member of staff.

The men pushed past the worker and left through the forced window and ran off empty-handed.

The first male is described as white, around 20 years old, around 5ft 6in tall, of slim build with a slightly tanned

complexion and was wearing a white hooded, spotted jacket.

The second male is described as white, in his early 20s, around 5ft 8in tall, of slim build and was wearing a black hooded jacket.

Police are linking the bungled raid with another break-in.

It happened between January 25 and 29 when the offenders broke into a shed

by forcing a lock and stole copper wiring.

Anyone with information about the shed break-in should call Sgt Sarah Bartley at the Haverhill Safer Neighbourhood Team on (01284) 774100.

Pc Rebecca Molisso is investigating the first incident and can be reached on the same number, or Crimestoppers on 0800 555 111.

Call for views on highways

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THEGUIDE

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- Page 23
- What's showing on the big screen
- Page 23
- All the weekend's TV viewing at a glance
- Page 26

Set sail for tale of love on HMS Pinafore

TALE of love on the high seas can be heard this week with Cambridge University Gilbert and Sullivan Society's new production of HMS Pinafore.

This much-celebrated comic opera follows the fortunes of the eclectic crew aboard the saucy ship Pinafore.

Josephine, the captain's daughter, is in love with foremast lad Ralph Rackstraw, though her father has other plans for her future. For Josephine has also caught the eye of the Lord of the Admiralty, Sir Joseph Porter, who would be an excellent catch for any young lady.

As Josephine faces the choice between head and heart, as well as the restraints of social convention, several more characters – from meddling relatives and horn-piping sailors to crafty sea-dogs – are added to the mix to ensure the captain has his hands full keeping order on deek

Filled with music, laughs and sparkling dialogue, *HMS Pinafore* has been delighting audiences worldwide for over a century. This

latest version transports the action from its original Victorian setting to the buzz of the roaring 20s

The production is helmed by professional director Poppy Burton-Morgan, whose CV includes work for The Old Vic, The Almeida, The English National Opera and Shakespeare's Globe, "In my – admittedly rather eclectic – theatrical

"In my – admittedly rather eclectic – theatrical career to date I have directed everything from Shakespeare to opera, burlesque to puppetry, but Gilbert and Sullivan was a first for me so when I was approached to direct a production of HMS Pinafore, I jumped aboard," says Popp, "Until this month I actually lived on a Dutch barge on the Thames so I couldn't say no to the chance to direct a show set on a boat and show off the extent of my nautical knowledge.

"Without wanting to rock the boat too much in bringing a radical new vision to this Victorian classic, I chose to transpose the action from the 1870s to the 20th century – the interwar years – giving us a ship full of gallant naval veterans. This makes the satirical attacks on the British class system all the more pertinent: following on the heels of a war in which Lions were led by Donkeys, common tars like Ralph are led by the

incompetent First Lord of the Admiralty, Sir Joseph Porter KCB.

"Not only does this era place Pinafore in a cultural frame of reference to which we can more easily relate, thanks to the success of films like Atonement and Gosford Park, but it also gives us the delights of a flurry of flappers, led by the uncrushable Hebe, running amok on a decidedly Art Deco naval vessel, and a wonderfully witty and ineffectual Sir Joseph who could almost be an early Noël Coward.

"It's been a joy immersing myself in the wonderful and wacky world of the Cambridge University Gilbert & Sullivan Society, who brilliantly combine talent, commitment and (as successful G&S undoubtedly requires) a serious dose of levity. And I couldn't have been given a better show to start with — class warfare, a love story, dancing sailors and a serious case of mistaken identity all played out on the decks of a ship — what's not to love?"

Pinafore, Cambridge Arts Theatre,

HMS Pinafore, Cambridge Arts Theatre, until Saturday, 7.45pm (2.30pm Saturday and Thursday matliness). Tickets cost from £10. Contact (01223) 503333 / www.cambridgearts theatre.com



All aboard: top, Buttercup (Sophie Hytner) and sailors Michael Atkins, Richard Mifsud, Anthony Philips, Joachim Cassel and Tom Handley. Above, Buttercup and the captain (Iwan Teifion Davies).

Leisure or events news? email jo.deeks@cambridge-news.co.uk phone (01440) 703891





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Bands ready for battle to find the best

THE first heat of the Haverhill Battle of the Bands 2010 kicks off at the Haverhill Arts Centre tomorrow from 8pm.

The line up in order of appearance will be Stop Thompson, an acoustic rock/folk band from Haverhill, who have previously entered Burysound; Kadesh, a classic rock /funk band from Haverhill formed in March 2009; and Faith In Hours, an instrumental rock band formed at West Suffolk College and new to the Battle of the Bands.

This will be followed by Heat 2 on Friday, February 12 with: Chaos Dynasty, heavy rock competition stalwarts; Dutch Courage, a new rock 'n' roll band from the Haverhill area; The Usual Suspects, a young Haverhill band; and The Peripheral, an alternative rock band formed in September 2009.

Doors open at 7.30pm. No unaccompanied under 14s and proof of age may be required. Rock on

■ With a breathtaking technical mastery and his background playing Benjamin Britten to Nick Drake, John Renbourn to Gordon Giltrap, Clive Carroll is a guitarist on "a joyful fairground ride of instrumental styles". He manages to encompass traditional, classical and jazz inspirations along with newgrass, fusion jazz and Irish influences.

Carroll's latest solo album, Live in Colour, has been lauded as "a milestone in the journey of the steel-string guitar". He takes to the stage at the arts centre on Sunday at 8pm.

■ On the big screen, the arts centre will be showing *Bright Star* (PG) tonight at 7.45pm. It tells of a secret love affair between 23-year-old poet, John Keats, and the girl next door, Fanny

Initially at odds with one another the two eventually grow close. By the time Fanny's mother finds out about the attachment, the relationship has an unstoppable momentum.

■ Harry Brown (18) is a gritty critique on contemporary British society starring Michael Caine as an elderly man who is spurred into action by a senseless act of violence. When his best friend is murdered just feet from his own home, former Royal Marine Harry decides to take on the aggressive gangs who rule the estate.

It's on Tuesday, February 9, at 7.45pm.

■ Directed and written by the director of The Mighty Boosh, *Bunny and the Bull* (15) is showing on Wednesday, February 10, at 7.45pm.

Steven and Bunny embark on an odyssey in which their imagination is the only limit. As they journey from the industrial wastelands of Silesia to the bull fields of Andalusia, they meet a Polish dog farmer, a moustachioed matador and a hottempered crab waitress.

■ In a strict 1930s boarding school a clique of girls participate on the swimming team to be close to their swimming instructor, the charismatic Miss G.

While Miss G originally encourages their crush on her, the teacher's attention is quickly focused on the arrival of a beautiful Spanish pupil. *Cracks* (15) is showing on Thursday, February 11, at

For more details about the shows, or to book tickets, phone (01440) 714140 or go to www.haverhillartscentre.co.uk

Jazz great pays homage to the legends



Pushing the boundaries: jazz saxophonist Courtney Pine, who comes to the Haverhill Arts

COURTNEY Pine, the multiaward winning saxophonist, will serve up a rich dish of jazz flavours when he comes to Haverhill Arts Centre next month as part of the Transition in Tradition tour.

Pine is widely considered to have done more for the profile of modern British jazz than almost any other figure. Some 24 years since his 1986 debut album made the British Top 40, he remains at the forefront of the UK jazz scene, continually pushing boundaries and reinterpreting the tradition.

For his latest project. Transition in Tradition, the original jazz warrior has assembled a heavyweight musical line-up drawing influences from Africa, the Caribbean, South America and Europe for an exuberant homage to the first great saxophone star Sidney Bechet. Along with Pine on saxophone, there's Cameron Pierre on guitar, Robert Fordjour on drums, Zoe Rahman on piano while Darren Taylor provides bass and Omar Puente brings the electric violin.

The resulting album and live shows have earned him some of the highest critical acclaim of his long and varied career.

Support comes from Cuban Puente, performing tracks from his debut solo release, From There to Here.

With bass clarinet, harmonium and mandolin in the mix, plus grooves from old school swing to Creole stomp, the show starts at 7.30pm on Sunday, March 7.

Tickets are £22.50 in advance or £25 on the door.

Call (01440) 714140 or go to the website to book, www. haverhillartscentre.co.uk

Cinema Listings

HAVERHILL CINEWORI D

0871 200 2000 Times from Friday, February 5, until Thursday, February 11. **The Wolfman (15):** Wed & Thu 4.45pm, 7pm, 9.30pm The Princess And The Frog (PG): Daily 4.15pm (subtitled Wed), 6.45pm, 9pm; Sat, Sun & Mon 2pm; Sat 11.45am. Astro Boy (PG): Daily 4.30pm 6.30pm; Sat, Sun & Mon 2.30pm; Sat & Sun 12.30pm. Edge Of Darkness (15): Daily 6.15pm, 9.15pm; Daily except Wed 3.45pm. The Road (15): Daily 8.30pm; Daily except Wed & Thu 6pm;

Mon 1.15pm. Sherlock Holmes (12A): Daily except Wed & Thu 8.45pm. Alvin And The Chipmunks 2 The Squeakquel (U): Daily 4pm (subtitled Sun); Sat & Sun 1.45pm; Sat 11.15am.

1.45pm, Sat 11.13dll.
Avatar (12A): Daily 5pm,
8.15pm; Sat & Sun 1.15pm.
St. Trinian's 2 - The Legend Of
Fritton's Gold (PG): Sat, Sun &
Mon 1.30pm; Sat 11am; Mon

Night At The Museum 2 (PG) Fantastic Mr. Fox (PG): Sat

Cinebabies - Parent & Baby Screenings (Under 18 Months) The Princess And The Frog (PG): Mon 11 30am Astro Boy (PG): Mon 11.30am. Avatar (12A): Mon 11.30am.

HAVERHILL ARTS CENTRE Times from Friday February 5

until Thursday, February 11. Harry Brown (18): Tue 7 45pm Bunny And The Bull (15): Wed Cracks (15): Thu 7.45pm

Times from Friday February 5 until Thursday, February 11.

Where The Wild Things Are
(PG): Fri 8pm; Sat & Sun 3pm. Saffron Screen 90 Second Film Collection (PG): Sat 2.15pm. Me And Orson Welles (12A):

SAFFRON SCREEN

The Aristocats (PG): Sun Britain At Bay (PG): Mon 8pm.

CAMBRIDGE CINEWORLD 0871 200 2000

Times from Friday, February 5, until Thursday, February 11. The Wolfman (15): Wed & Thu 1.15pm, 2pm, 3.45pm, 6.15pm, 7pm, 8.45pm, 9.30pm.

The Princess And The Frog (**PG**): Daily 2pm, 4.20pm 6.40pm, 9pm; Sat & Sun 11.30am

Invictus (12A): Daily 12.10pm. 3pm, 5.50pm, 8.40pm. **Astro Boy (PG):** Daily 1.50pm, 4.10pm, 6.30pm; Sat & Sun

Edge Of Darkness (15): Daily 1.45pm, 4.10pm, 6.40pm, 9.10pm; Sat & Sun 11.05am. Up In The Air (15): Daily except Wed & Thu 6.45pm, 9.05pm: Fri. Mon & Tue 2pm. It's Complicated (15): Daily except Wed & Thu 8.50pm. Sherlock Holmes (12A): Daily

9pm (subtitled Thu); Daily except Wed & Thu 12.10pm (subtitled Sun), 3pm, 6pm.

Alvin And The Chipmunks 2 The Squeakquel (U): Daily
4.30pm; Sat & Sun 10.30am, Avatar 3D (12A): Daily 12.30pm, 1pm, 1.30pm, 4pm, 4.30pm, 5pm, 7.30pm, 8pm, 8.30pm; Sat & Sun 10.15am.

Night At The Museum 2 (PG): Fantastic Mr. Fox (PG): Sat

Up (U): Sat 10am.

CAMBRIDGE VUE

0871 224 0240 08/1 224 0240 Times from Friday, February 5, until Thursday, February 11. **The Wolfman (15):** Wed & Thu 12.40pm, 3pm, 5.30pm, 8pm; Wed 11pm.

The Princess And The Frog (U): Daily 11.50am, 2.10pm, 4.40pm, 7.10pm, 9.30pm; Sat & Sun 9.30am.

Astro Boy (PG): Daily 11.30am, 2pm, 4.20pm, 6.45pm. Youth In Revolt (15): Daily 12.10pm, 2.40pm, 4.50pm, 7pm, 9.15pm; Fri, Sat & Wed Invictus (12A): Daily 1.30pm

4.30pm, 7.45pm; Sat & Sun 10.30am Avatar 3d (12A): Daily 12.30pm, 4pm, 7.30pm; Fri, Sat & Wed 11.10 pm.

Edge Of Darkness (15): Daily 9pm; Fri, Sat & Wed 11.40pm Sherlock Holmes (12A): Daily noon, 2.50pm, 5.50pm, 8.40pm; Fri, Sat & Wed

The Book Of Eli (15): Fri. Sat &

The bia film

EDGE OF DARKNESS (15, 116 mins) Thriller. Mel Gibson, Ray Winstone, Danny Huston, Bojana Novakovic, Jay O Sanders. Director: Martin Campbell.

POLITICAL intrigue and corporate skulduggery comes in Martin Campbell's slick reduction of the 1985 BBC mini-series, *Edge Of*

Adapted for the big screen by William Monahan and Andrew Bovell, the film version of Edge Of Darkness condenses six episodes of suspense into an engrossing two hours, transplanting the cat and mouse thrills to Boston

Campbell directed the original television series and has since proved his mettle with big budget blockbusters including The Mask Of Zorro and Casino Royale

His credentials with high-octane action sequences come in useful for the sporadic set pieces here, including a couple of bloodspattered shoot-outs

The orchestrator of the carnage is homicide detective Thomas Craven (Gibson), a veteran of the Boston Police Department, who is looking forward to a visit from his 24-year-old daughter, Emma

Wed 11 50nm

Up In The Air (15): Daily except Wed & Thu 8.30pm; Fri & Sat

It's Complicated (15): Daily

except Wed & Thu 3 10pm



Consumed with grief, Thomas shuns support from fellow detective Whitehouse (Sanders), preferring to investigate his daughter's murder on his own

Anguish turns to incredulity as the cop uncovers his daughter's secret life as an activist.

As Craven edges closer to the truth and Emma's involvement in the Northmoor research facility run by Jack Bennett (Huston).

Wed 10 40nm

Alvin And The Chipmunks

The Squeakquel (U): Daily 11.40am, 1.50pm (subtitled Sun), 4.10pm; Daily except Wed

& Thu 6 20nm (subtitled Tue):

8.40pm; Daily except Tue, Wed & Thu 6pm; Fri, Mon & Tue 12.20pm; Wed & Thu 6.10pm,

8.50pm; Fri & Sat 11.20pm;

Daybreakers (15): Fri Sat &

the government hires shadowy figure Darius Jedburgh (Winstone) to silence the renegade detective.

However, the enigmatic Jedburgh has his own agenda.

Edge Of Darkness begins at a canter but slows noticeably in the plot-saturated middle act when Craven experiences beatific visions of his daughter from childhood.

Gibson has played the embattled father before in Ransom and he weeps convincinally here, when he's not beating up shady individuals who stand between him and the identity of Emma's killer.

> Sat & Sun Q //Dam St Trinians – The Legend Of Fritton's Gold (PG): Sat& Sun Planet 51 (U): Sat & Sun

Cloudy With A Chance Of Meatballs (U): Sat & Sun 9.50am.

CAMBRIDGE ARTS PICTUREHOUSE

0871 704 2050 Times from Friday, February 5, until Thursday, February 11.

Sex & Drugs & Rock & Roll (15): Daily except Sat & Tue 2pm; Daily except Sat & Fri .10pm; Fri 9.15pm; Sat 1pm,

Tony (18): Fri & Sat 4pm; Sat 10.30pm; Sun noon.

Still Walking (U): Mon, Tue & Wed 3.45pm, 6.15pm; Fri & Sat 6pm; Fri 1.30pm; Sat 1pm; Sun 5pm; Thu 11.45am, 6.50pm.

Precious - Based On The Novel Push By Sapphire (15): Daily except Fri, Sat & Sun 4pm, 6.30pm, 9pm; Mon, Tue & Thu 1.30pm; Fri 4pm, 6.30pm, 9.10pm; Sat 3pm, 8pm.

Up In The Air (15): Daily except Fri & Sat 4.30pm; Daily except Fri, Sat & Thu 6.50pm; Sun, Mon & Thu 11.45am; Fri

11.45am, 4.30pm, 6.50pm; Sat 3.15pm, 5.30pm. A Prophet (18): Daily except Sun & Thu 8.30pm; Daily except Sun, Wed & Thu 1pm; Thu 2pm, 8pm; Sun 8pm.

U3A - Witness For The ecution (U): Tue 1.30pm. Met Opera - Simon Boccanegra (tbc): Sat 6pm. Modern Times - Pandoras Box With Live Piano Accompaniment By Stephe Horne (PG): Sun 2pm. Slackers Club: The Wolfman

(15): Wed 1.30pm. Import/Export (18): Thu 5pm. Mr Magorium's Wonder Emporium (U): Sat 11am.

THEGUIDE

CROSSWORD

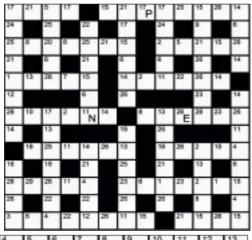
SUDOKU

CODEWORD

KNOWLEDGE QUIZ

Codeword 10: Can you crack the code and solve the word puzzle? Each number relates to a letter and every letter of used at least once

■ Last week's solution is below.



Ī	1	2 _	3_	4 _	5_	6 _	7 _	8	9	10	11	12_	13
	W	S	В	Z	D	0	Q	⁸ L	V	K	M	F	ΙН
ŀ	5.8	15	10	47	4 D	10	20	24	22	22	24	36	20
1	G	"Y	"F	"T	"P	Δ	20	²¹ R	1	11	~~	C	N
L	9	^	_			_		1	9)		0	14

FOUR Ws

1. WHO...in Greek mythology slew the Calvdonian Boar? WHAT...part of the body did a piece of armour called a poleyn protect? WHERE...in the Americas is the state of Tamaulipas? WHEN...did the French film director Marcel Pagnol die? WHO...was the UN official who won the 1950

Nobel Peace Prize? WHAT...is a maxixe? WHERE...was Manuel Luis Quezon v Molina the President from 1935-44? WHEN...was the jazz saxophonist Sonny Rollins horn?

3. WHO...was the first President of the Royal Academy? WHAT...shape is something that is nummular?

WHERE was the US civil rights activist Al Sharpton

> WHEN did the writer W Somerset Maugham die?

Answers: 1. Meleage Knee; Mexico; 1974. **2**. Ralph Bunche; A Brazilian dance; Philippines; 1930. 3. Answers: Joshua Reynolds Coin-shaped; Brooklyn, New York: 1965



Place a number from 1 to 9 in each empty cell so

that each 3x3 block, column, and full row includes each of the numbers from 1 to 9 only 0 1 2 0 6 2 5 7 4

8	1	4	9	P	3	5	/	4
9	4	3	5	7	1	2	8	6
6	7	5	4	2	8	9	3	1
2	9	6	8	5	4	3	1	7
3	8	1	7	9	2	4	6	5
4	5	7	1	3	6	8	9	2
5	6	8	3	4	7	1	2	9
7	3	4	2	1	9	6	5	8
1	2	9	6	8	5	7	4	3
■ Last week's solution.								

Crossword

Across

1. Bachelor's proper brilliant! (6) 4. Sing from the lawn. (5) 8. Put a rug back by bark of tropical tree. (8) 10. I notice retirement of Welshman. (3) 11. Twist hose to ascertain air currents at airport. (8) 13. Equip a capital in E. Europe. (4) 15. Help with a wager. (4) 16. One's position in society? Upright! (8) 19. Stop at the counter (3) 20. Stretch when

restructuring lone field opening (8) 22. Run off with oriental gait. (5) 23. Set out repeatedly to fly abroad. (6)

Down

1. Gangs of musicians.

2. Frighten to hint about one daughter.... (10) 3.On way back to house with part of

5. Hurry up and score.

hospital. (8)

6. Stores flowers. (6) 7. Smile to put first of raisins in drink. (4) 9. Novel Lorna's finest to achieve one's potential. (2,4,4)12. Help up lightweights with sketches. (8) 14. Put on problem in rough sea. (6) 17. One goes over a Scottish Island. (4) 18. The arrogance of

company of lions. (5)

21. Friend comes up with comfortable place for child. (3)

2151



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Solution to 2150: Across: 1. Perform; 4. Dirk; 6 Execute; 9. Tintin; 11. Event; 12. Andrew; 15. Tatler; 18. Rinse; 19. Yarrow; 21. Sheaves; 23. Boss; 24. Respray. **Down:** 1. Presently; 2. Re-elect; 3. Rat; 4. Darned; 5. Rani; 7. Untie; 8. Etna; 10. New Jersey; 13. Nurse; 14. Run over; 16. Lyrics; 17. Rows; 20. Alto;

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Compost quality is still a mixed bag, research finds

There is still huge disparity between the quality of different composts on the market, according to new research.

Gardeners may be wasting their money on products which produce small, sickly looking plants, according to trials by Which? Gardening.

B&Q Multipurpose, B&Q Sowing and Cutting composts and consistent performer New Horizon Organic and Peat Free Growbag all received Best Buys for seed sowing composts. Meanwhile, B&Q Multipurpose, B&Q John Innes No 2 and Westland West & Multi Purpose Compost were given Best Buys for growing on small plants.



Performance: there is still a huge quality of compost on the market



by Hannah Stephenson

However, Which? Gardening awarded Don't Buys to two composts – Homebase Multipurpose Peat-Free and Vital Earth Seed & Cutting Compost. Both these products performed poorly overall in the seed sowing tests, with less than 40 per cent of seeds germinating when sown in these products.

Richard Gianfrancesco, head of research for Which? Gardening, says: "One of the best things a gardener can do to help seeds or plug plants do well is grow them in good-quality compost, but with so many different products on sale it can be really tricky to know which one to choose

"As our rigorous research has shown, choose well and young plants should thrive, but pick the wrong compost and you could end up with plants that either

look sickly and unhealthy, or simply don't germinate at all."

Of course, the other option is to make your own seed compost which will save you money. İt can be made out of organic ingredients such as leaf mould, coir and loam.

Seed composts should be well aerated and warm. They should be soil-less and consist of equal parts of fine textured bulking material such as coir and fine sand, which ensures effective drainage and aeration for germinating seeds.

Ingredients should contain little in the way of additional fertilisers, as seeds don't like high nutrient levels and may not germinate in rich mixtures

One recommended recipe is one part leaf mould, one part grit cleaned from gutters, plus small amounts of used house plant compost with perlite.

However, two-year-old leaf mould is perfect to use on its own as a seed compost, says Heather Jackson, project co-ordinator at Garden Organic, the UK's leading organic growing charity.

"You can't make seed compost out of your normal compost as it will be too high in nutrients. The ideal growing medium for seeds

is spongy, light, low in nutrients, keeps moist and you don't have to sieve it."

molehill soil, which is very fine but fairly weed-free and not nutrient rich, she adds. Mix that with grit and it should make a good seed compost.

It is also possible to re-use home-made seed compost for another crop once your seedlings have been pricked out, she adds.

■ The full report on the seed compost trials is featured in the January/February edition of Which? Gardening. For a free Which? Gardening guide: Grow Your Own, call 0800 389 88 55 quoting VEG44F.

BEST OF THE BUNCH

this pretty winter plant belie the fact that it's a tough little charmer which can survive poor conditions, although it prefers a moist, humus-rich soil.

Hellebores are best planted in groups at the front of a partially shady mixed border, or beneath can be divided after flowering.

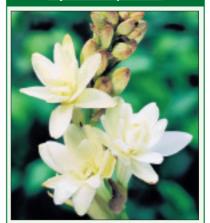
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deciduous shrubs among spring-flowering bulbs. Large clumps

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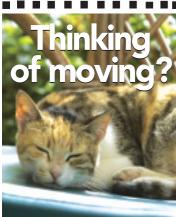


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THEGUIDE I WEEKEND TV

SATURDAY

BBC₁

6.00 Breakfast.

Saturday Kitchen 11.35 Rachel Allen: Home Cooking. BBC News; Regional News;

Football Focus. Including a look ahead to Liverpool v Everton. 12.15

1.00 Bill McLaren: Flower of Scotland. A tribute to the rugby union commentator, who died last month aged 86.

Live Six Nations Rugby Union. Ireland v Italy (Kick-off 2.30pm). Gabby Logan introduces the opening game of this year's

BBC News; Regional News;

Live Six Nations Rugby Union. England v Wales (Kick-off 5.00pm). 1 35

So You Think You Can Dance. The six remaining contestants vie for a place in the final of the 7.05 competition.

The National Lottery: In It to 8 05 Win It.

So You Think You Can Dance The two couples who received the fewest viewer votes dance their solo pieces in a bid to impress the judges before the eliminations

9.25 Casualty. 10.15 BBC News: Weather

Match of the Day. Highlights of 10.35 today's Premier League fixtures

The Football League Show. 1.10 Friday Night with Jonathan

BBC₂

6.00 CBeebies: Jakers!

6.20 6.35 Ron!

7 00 **CBBC: Dennis and Gnasher**

7.25 Sportsround 7 40

What's New Scooby-Doo? Richard Hammond's Blast Lab. 8.00

8.30 9.30 Prank Patrol. 10.00

Ed and Oucho 10.30 Keen Your Fnemies Close

11.30 **Animals at Work**

BBC Switch: Greek 12 45 BBC Switch: The 5:19 Show

BBC Switch: The Well. 1.10 RRC Switch: The Cut.

2.00 BBC Switch: Revealed. FILM: Young Winston (1972). Churchill biopic.

4 30 Final Score

5.15 Art of Russia. A grand tour of Russian masternieces

A History of Christianity. The consequences of the Reformation. 7.15

Empire of the Seas: How the Navy Forged the Modern World 8 15 The Virtual Revolution. Aleks

the internet on global politics. 9 15 OI XL

10.00 10.45

FILM: Kill Bill: Vol Two (2004). Thriller sequel. 12.50 FILM: Lonesome Jim (2005)

6.00 GMTV.

The Planet's Funniest Animals 9.25 9.55 FILM: When in Rome (2002).

Popstar to Operastar. The five 11 30 remaining singers face another elimination

News and Weather 12.40

FILM: Big Fat Liar (2002). dy, starring Frankie Muniz 2.20 FILM: Kangaroo Jack (2003).

Comedy, starring Jerry O'Connell and Anthony Anderson. 4.00 Creature Comforts. The animated animals test their vocal

News and Weather 4.10

FILM: Evan Almighty (2007). Comedy sequel, starring Steve Carell and Morgan Freeman.

New You've Been Framed! A 6.30 selection of camcorder calamities and mobile phone footage

Harry Hill's TV Burp. The 7.00 comedian looks back at the week's small-screen highlights.

Take Me Out. A firefighter and a professional drummer are among the eligible bachelors trying to impress 30 single women in the dating game

All Star Mr & Mrs.

FILM: Music and Lyrics (2007). Romantic comedy, starring Hugh Grant and Drew Barrymore. ITV News and Weather 11 25

FILM: The Deer Hunter (1978) 11.40 Oscar-winning drama, starring Robert De Niro.

CHANNEL 4

The Hoobs. 6.10

7.00 Freesports on 4 7.30 World Sport.

The Morning Line

8 55 T4: Friends

9.25 10.00 T4: Glee

T4: Pixie Lott: Video Exclusive. 11.05 T4: Dave Berry's Great British

T4: T4 at Fight Cervical Cancer in Style. Highlights from the fashion and music event.

T4: Smallville. A team of heroes

searches for Clark Channel 4 Racing. 2 00 Three Hungry Boys. The trio

resort to manual labour. Come Dine with Me. Five instalments of the culinary competition from Bolton

Channel 4 News. Haiti's Killer Quake: Why It 7.30 Happened. Using 3D graphics, this programme examines the forces that caused the

earthquake in Haiti this January. FILM: Independence Day (1996). The US president leads 8.30 the fight against an invasion of seemingly indestructible aliens intent on conquering Earth. Sci-fi adventure, starring Will Smith.

Alan Carr: Chatty Man. Ricky Gervais, Katie Price and Corinne Bailey Rae join the comedian for the entertainment chat show FILM: As Good as It Gets

(1997). Romantic comedy drama, starring Jack Nicholson

five

6.00 Sunrise. 7.00 Elmo's World.

7.15 Little Princess Fireman Sam

Make Way for Noddy 7.45

8.00 Hana's Helpline. Mist: Sheepdog Tales. 8.15

Adventures of Bottle Top Bill.

Harry and His Bucket.

9.00 Olivia

The Mr Men Show 9.30 Gerald McBoing Boing

The Gadget Show.
Extreme Fishing with Robson

11 00

12.00 Monster Python: Austin Stevens' Adventures.

7nn Days

FILM: Ryan's Daughter (1970).

Epic romantic wartime drama

5.10 Five News. FILM: Steel Magnolias (1989). Drama, starring Julia Roberts.

7 25 NCIS The team find a Marine's ered head in the back of

8.15 NCIS. The team suspects a desperate Marine may have faked his own death.

CSI: Crime Scene Investigation. Grissom tries to establish what happened to a body found in a toolbox.

CSI: NY. The team try to help a 10.15 dancer remember the events that led to the shooting of her partner
Law & Order: Special Victims

Unit. Drama. SuperCasino



12.10

Law & Order five, Saturday, 11.15pm

BBC2, Saturday, 10pm



Evan Almighty ITV, Saturday, 4.40pm

Channel Four, Sunday, 5.30pm

SUNDAY

BBC₁

Rreakfast Match of the Day. 7.35

9 00 The Andrew Marr Show The Big Questions. From Michaelston Community College in Cardiff

Country Tracks. Liz Bonnin travels through Lancashire's Ribble Valley

1.00 EastEnders, Omnibus Live Six Nations Rugby Union. Scotland v France (Kick-off

Songs of Praise. Diane Louise Jordan meets the residents of Southwark

3 00nm)

7 00

5.35 BBC News; Regional News; Weather 6 00 Countryfile Antiques Roadshow. Fiona

Bruce presents a second edition 8.00 Lark Rise to Candleford. Dorcas tries to befriend the reclusive Mi Reppington, after noticing he has spent several months staying at the Golden Lion Hotel.

Seven Ages of Britain. David Seven Ages of Britain. David Dimbleby re-tells the story of the power struggle between the monarchy and the Church during the Middle Ages through treasures of the period.

BBC News: Regional News:

Live Super Bowl XLIV.
Indianapolis Colts v New Orleans Saints (Kick-off 11.28pm).

BBC2

CBeebies: Jakers!

6.35 Roo! Louie

CRRC: Arthur 7.00 Dennis and Gnasher 7.15

The Basil Brush Show 7 40 8.05 .linx Tracy Beaker Returns 8.30

9.30 Spirit Warriors. Something for the Weekend. 10.00 FILM: Nicholas and Alexandra 11.30

(1971) Enic historical drama 3.00 FILM: Herbie Rides Again

(1974). Disney comedy sequel. 4 25 Escape to the Country. A couple who dream of owning a hobby farm with enough land to rear livestock.

5.10 Natural World A scientific project in Swaziland to track black mambas. 6.10 100 Years of Girl Guides Documentary celebrating the

movement that was first proposed in 1909. Lost Kingdoms of Africa. Gus Casely-Hayford examines the history of Great Zimbabwe.

8 00

The Best of Top Gear The Great Rift: Africa's Wild 9.00 Heart. Documentary exploring the grasslands of East Africa. 10.00 Match of the Day 2. Highlights

of today's two Pre

This World: Mexico's Drug War. 11.00

6 00 GMTV 9 25 Britain's Favourite View. Tim Healy and Denise Welch take in

the scenery on the River Tyne. 9.35 Coronation Street, Omnibus 11.55 News and Weather.

FILM: On the Buses (1971). Comedy, starring Reg Varney FILM: Columbo: Suitable for Framing (1971). The detective 1.55 investigates the murder of a

millionaire art collector Agatha Christie's Poirot. The 3 25 euth meets Ariadne Oliver.

Guest starring Zoe Wanamaker. 5.25 News and Weather. Harry Hill's TV Burp. The comedian looks back at the

week's small-screen highlights. 6.25 Dancing on Ice. The 10 remaining contestants put another week of training in another week of training into practice, battling to impress the judges

Dancing on Ice: The Skate Off.
The two couples who have
gained the least support from viewers skate again to stay in the competition

Wild at Heart.

8.30

9.30

ITV News and Weather. FILM: Closing the Ring (2007). An old woman consumed by grief following the death of her husband receives a message from a stranger. Drama, star Shirley MacLaine.

12 25 FILM: To Kill a Mockinghird

CHANNEL 4

The Hooks

7.05 Beach Volleyball Ironman Triathl

9.55

5.30

8.30 Freesports on 4. 9.25 T4: Friends.

T4: Hollyoaks. Omnibus. T4: Ultimate Traveller. UK 12.25 backpackers trek across

1.35 T4: Friends. A power cut exposes Chandler to temptation. T4: Shooting Peter Andre.

2.45 T4: 90210. Kelly and Silver try to cone with their mother's illness T4: The Simpsons. Homer prevents a nuclear meltdown

T4: The Simpsons. Lisa and Bart help Krusty find his father 4.15 4 40 Deal or No Deal.

Glee. Will learns his first crush was unable to graduate. 6.30 Channel 4 News. The Bible: A History. Ann Widdecombe examines the Ten

Commandments. FILM: The Devil Wears Prada (2006). A woman with dreams of becoming a journalist takes a iob as assistant to a prestigious fashion magazine editor. Comedy drama.

FILM: The September Issue (2009). Documentary profile of Anna Wintour, the controversial editor-in-chief of American Vogue.

12 00 James Brown's Supermodel

five

6 00 Sunrise Elmo's World

7.15 Fireman Sam.

Make Way for Noddy 7.30 Milkshake! Bop Box.

7.50 The WotWots. 8.00 Hana's Helpline

8.10 Mio Mao. Mist: Sheepdog Tales. 8.15

Adventures of Bottle Top Bill. 8.30 Harry and His Bucket. 8 50 9.00

9.15 The Mr Men Show 9.35 Gerald McBoing Boing.

10.35 Wizards of Waverly Place.

1.20

Build a New Life in the Country. 12.10 Ice Road Truckers. The Gadget Show

FILM: Before Winter Comes (1969) World War Two drama FILM: RoboCop: The Future o Law Enforcement (1994). Sci-fi

thriller sequel. Goofy – How to Hook Up Your Home Theatre. Animation. 5.10

5.15 FILM: Pocahontas II: Journey to a New World (1998). Disney animated sequel

6.50 Five News. 6.55

FILM: Hollywood Homicide (2003). Action comedy, starring. 9.00 FILM: SWAT (2003). Action

FILM: Hannibal (2001). Thriller 11.20 sequel, with Anthony Hopkins. 1.50 SuperCasino

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Bartlow Place

Three bedroom mid terrace property includes cloakroom, lounge, kitchen, dining area, bathroom and front & rear gardens. Viewing recommended.



Dane Common

- Three bedrooms

- Inree bedrooms
 Detached property
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 Kitchen
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Cornish Close



Apple Acre Road The Wilshire, four bedroom end of terrace includes lounge dining room, kitchen, cloakroom, master bedroom with ensuite, bathroom and



Nosterfield End

Six bedroom semi detached property includes 2 ensuites, lounge, study, cloakrooms, dining room, kitchen, work room, gardens and garages.







Two bedroom semi-detached bungalow with off road parking. Accommodation comprises lounge/dining area, conservatory/sun room and galley kitchen.





Chalkstone

Three bedroom mid terrace property located on the Chalkstone development. Comprising entrance porch/utility room, cloakroom, dining area, conservatory, kitchen, lounge, bathroom and front & rear gardens.





Westward Deals

One bedroom mid terrace property includes lounge, kitchen, bathroom and front & rear gardens. Viewing highly recommended.



Reydon Close

Castle Camps

Four bedroom house on popular development. Accommodation comprises Two reception rooms, conservatory, bathroom and en-suite, garage and gardens.



The Holdens, Withersfield Road

An extended four bedroom 19th century detached cottage with views over open fields and farmland. Comprising kitchen dining room, cloakroom, utility room, reception room, study, en-suite, games room and off road parking.





Ruffles Road

Four bedrooms, cloakroom, lounge, kitchen, conservatory, en-suite, bathroom, single garage, no onward chain.

Orchard Close

Two bedrooms, entrance hall, kitchen, lounge, front and rear gardens, single





Brybank Road

Three bedroom end of terrace property includes cloakroom, kitchen, lounge, master bedroom with ensuite, bathroom, gardens and garage.







Three bedroom end of terrace property, comprising lounge, kitchen, bathroom, front and rear gardens and garage en bloc.

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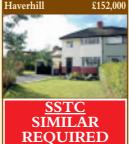
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£214,995









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Situated on the Cambridge side of town is this well presented 2 bedroom end of terraced home. The accommodation in brief comprises of; lounge diner, fitted kitchen, two first floor bedrooms and family bathroom, enclosed rear garden, and allocated parking

Haverhill 01440 768919



A chance to acquire this well presented 3 bedroom home, situated on the Cambridge side of town. Accommodation in brief comprises, fitted Kitchen, through lounge/diner, first floor bathroom and off road parking

Haverhill 01440 768919



Two bedroom semi-detached property located on the Cambridge side of the town. The property features include, lounge, Refitted kitchen, first floor bathroom, front and rear gardens and off road parking

Haverhill 01440 768919



Superbly presented 3 bedroom property situated on the outskirts of Haverhill town centre. This property boasts too many character features to list but included among them are a bespoke kitchen re-fitted bathroom, conservatory extension and beautifully maintained and generous-sized rear garden.

Haverhill 01440 76891



Situated on the outskirts of Haverhill town centre is this well presented 3 bedroom semi detached house with a good size rear garden. Accommodation comprises, Lounge/diner, fitted kitchen, first floor bathroom and separate W.C.

Haverhill 01440 768919



Within walking distance of Haverhill's High Street, is this 3 bedroom Victorian terraced property, in need of a little cosmetic attention. Accommodation in brief comprises, 1/2 reception rooms, kitchen and first floor bathroom with gardens to front and a generous sized rear garden.

Haverhill 01440 7689



Three bedroom detached property in this sought after village. Ground-floor cloakroom, 24' Lounge Dining Room, First floor bathroom, rear garden, garage and driveway hauerhill 01440 768919



end of terraced family property on the Chalkstone development. Three bedrooms, separate dining room,fitted kitchen and bathroom, communal parking to rear, enclosed rear garden haverhill 01440 768919



Two bedroom terraced cottage on the outskirts of town.
Lounge, kitchen diner, study, two bedrooms and first floor bathroom.
50ft rear garden!!!
havehill 01440 768919



Semi-detached Victorian property with 4 bedrooms (INCLUDING ANNEXE ACCOMMODATION) entrance hall, 23' lounge, dining roon, 21' kitchen breakfast room, utility room, 11' x 10' study, haverhill 01440 768919



3/4 bedrooms town centre location cellar, 2 reception rooms rear garden allocated parking haverhill 01440 768919



Long Melford Hall Street **01787 315065** Sudbury 6 King Street **01787 468400** Clare 17 Market Hill **01787 278890** Lavenham 72 Water Street **01787 249583** Haverhill 67 High Street **01440 768919**

01440 707076 cheffins.co.uk



Great Bradley £349,950

A spacious and well-proportioned 4-bedroom detached individually designed family home, nicely set in a secluded position in the popular village of Great Bradley and benefiting from an excellent fitted kitchen, conservatory, and double garage with ample parking. 148 sq.m. (1593 sq.ft.)



Haverhill £294,950

A spacious and wellproportioned individually designed detached 4 bedroom home, set in a non-estate location

- Four Bedrooms
- 2 En Suite Bathrooms3 Reception Rooms

- I ntegral GarageIn And Out Driveway

Stoke By Clare £159,950

An attractive two bedroom Grade II Listed period cottage located in the popular village of Stoke-by-Clare. The property benefits from two reception rooms, fitted kitchen and generous rear garden with views over fields.

- Two Bedrooms Two Reception Rooms Fitted Kitchen
- No Onward Chain



NEW



Haverhill £173,950

An excellent three bedroom semi-detached house on the Hales Barn development close to popular schools. The property benefits from a conservatory and ample off-street parking.

- Three bedrooms Two reception rooms Utility room
- Double glazing





Haverhill £249,950

An exceptionally well located and extended four bedroom detached family home, benefiting from three excellent reception rooms, a generous kitchen/breakfast room and is nicely situated on the edge of the development adjacent to Great Wilsey Farm. 138 sq.m. (1485 sq.ft).

- Four BedroomsMaster wit En SuiteThree Reception Rooms
- Single Garage
 Generous Gardens

Hundon £227,500

A nicely proportioned detached bungalow in a tucked-away spot close to the heart of the village within a plot within a plot approaching half an acre. Two good bedrooms, Kitchen / dining room, Generous bathroom, Garage and driveway, Large gardens.



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Haverhill £194,950

NEW

A most attractive flint-fronted detached family home in an excellent spot overlooking a green at the edge of a popular development. 128 sq. m. (1377

- Four bedrooms Two en-
- suites Two reception rooms
 Family kitchen Double garage



Haverhill £127,500

A three bedroom family home of generous proportions located on a rarely available sought-after development. The property benefits from generous living accommodation and is being sold with no onward chain.

- Three Bedrooms
- Sitting / Dining Room
 Kitchen
- Front and Rear
- Gardens



Haverhill £124,950

A pleasant and spacious three bedroom end terrace house, nicely situated with open greens to front and rear, benfiting from recent redecoration throughout and is offered for sale with no onward chain 63 sq.m. (678 sq.ft).





Kedington £139,950

An attractive and well presented property, located in the popular village of Kedington, benefiting from two double bedrooms, fully fitted kitchen, garage and parking. 61 sq.m. (656 sq.ft).

- Two bedrooms
- Sitting room
 Double glazing
- Gas central heatingFront and rear gardens



Steeple Bumpstead

£164,950

A three bedroom link detached home, located in the popular Essex village of Steeple Bumpstead. The property benefits from a fitted kitchen and spacious lounge/diner.

- Three Bedrooms

- Kitchen
 Lounge / Diner
 Double Glazing Garage and Drive



Haverhill £119,950

A spacious extended three bedroom family home located on the poplar Birdlands Development. The property benefits from a spacious kitchen / diner and off street parking. 97 sq.m. (1044 sq.ft).

- Three Bedrooms Kitchen / Diner
 Sitting Room Double Glazing
 No Onward Chain



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Haverhill £249,950

A delightful etached three bedroom bungalow, located on the highly desirable Roman Way development.

- Three Bedrooms
- En Suite Bathroom Fitted Kitchen
- Single Garage
- Beautiful Gardens



Wickambrook

£195,000

A spacious two bedroom detached bungalow, set at the head of a popular cul-desac. It is located within good proximity of the village amenities and has the benefit of being sold with no onward chain.

- Two double bedrooms
- Sitting room
 Fitted kitchen/diner
- Conservatory



Haverhill £124,950

An excellent period cottage, located in a prime central location within a short walk from town centre. The property benefits from a pleasant and generous sitting / dining room with an attractive feature fire place.

- 2 Bedrooms
- Lounge / DinerFitted Kitchen
- Double Glazed
- · Gas Radiator Heating



Kedington £149,950

A carefully improved, former 3 bedroom semi-detached bungalow in a pleasant elevated position with garage and driveway to the rear.
Enlarged by a UPVC conservatory.

- 2 bedrooms
- Refitted kitchen
 Utility Room / Bed 3
- Sitting roomConservatory



Haverhill

£109,950

A rarely available one bedroom modern terraced house in a pleasant position in the highly popular Hanchett Village area

• SIMILAR PROPERTIES REQUIRED



Haverhill

£119,950

A cosy yet contemporary Victorian cottage situated in a popular central location. The property benefits from an excellent loft conversion allowing two double bedrooms and independent first floor bathroom.

• Two Generous Bedrooms • Contemporary Kitchen • Double Glazed •



Haverhill

£104,950

A pleasant one bedroom freehold house with garage set on the highly desirable Boyton Hall development. Towards the northern outskirts of the town

SALE AGREED



PCM £895

A three storey, Grade II Listed town house of particualr appeal, prominently positioned back from one of Clare's most noteable and desirable streets

• Four Bedrooms • Three Reception Rooms • Fine Period Bathroom • Garage



Kedington

PCM £795

An attractive three bedroom located in an excellent postion overlooking open fields.

• Lounge/Diner • Two Bathrooms • Conservatory

- Off Road Parking



Castle Camps

PCM £625

A quite lovely two bedroom cottage with much character in the sought after village of Castle Camps.

• Two Bedroomns • Period Cottage • Garden • Parking





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3 Bedroom End Of Terrace House

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Available



£99,995 Wellington Terrace

3 Bedroom Terrace House

Re-fitted Kit, Lounge, Utility, Bath, Cloak. Gardens, Gas C/H



Dalham Place

3 Bedroom Terrace House Lounge, Kit/diner

Cloak, Bath, D/G Gardens



Pakenham Place

£117,500

3 Bedrom Terrace House

Re-fitted Kit, Lounge Dining Area, Bath Cloak, Gardens.

Available

CXG





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URGENTLY REQUIRE PROPERTIES IN ALL PRICE RANGES FOR AWAITING BUYERS

IF YOU ARE THINKING OF SELLING YOUR PROPERTY WHY NOT CONTACT US FOR A FREE NO OBLIGATION VALUATION

SEE HOW MUCH MONEY WE CAN SAVE YOU

01440 708100





Popular North Essex village, semi detached family house, lounge, kitchen/dining room, PVCU conservatory, three bedrooms, PVCU double glazing, garage & carport, extensive gardens.



Deceptively spacious townhouse, ground floor shower room, three/four bedrooms, three/four

reception rooms, two en-suite shower rooms,

kitchen/breakfast room, front & rear gardens

garage and parking





Pleasant detached family house, ground floor cloakroom, lounge/dining room, kitchen/breakfast room, 4 bedrooms, family bathroom, delightful gardens.



Delightful detached bungalow, kitchen/breakfast room, lounge, PVCU conservatory and double glazing, two bedrooms, re-fitted bathroom, detached garage and delightful gardens.



Samuel's INDEPENDENT SHIRTS MODITION



Well presented link detached, lounge, re fitted kitchen/dining room, PVCU conservatory, three bedrooms, family bathroom, gas fired central heating, from & rear gardens, driveway



Well presented semi-detached house. Ground floor cloakroom, lounge, kitchen/dining room, three bedrooms, family bathroom, rear garden approx. 150ft in length, detached garage, timber build stables/storage.



Individual period property. Many original

features, re-fitted kitchen/breakfast room,

conservatory, five bedrooms, en-suite to master

bedroom, self contained one bedroom annexe



Popular residential location, semi detached family residence, lounge, kitchen, dining room three bedrooms, family bathroom, front and rear gardens, UPVC double glazing, early inspection recommended.



cloakroom, lounge, dining room, kitchen/breakfast room, four bedrooms, en-suite

to master bedroom, delightful rear garden

garage and driveway







INDEPENDENT ESTATE AGENTS

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Hales Barn Road

Well presented end of terrace, ground floor cloakroom, fitted kitchen, lounge/ dining room two double bedrooms, bathroom with Aqualisa shower, front & rear gardens, parking to rea elevation, UPVC double glazing





Popular village location. Kitchen/dining room, utility room, three bedrooms, front & rear gardens



bedrooms, refitted kitchen, refitted bathroom seperate dining room, cellar, detached single garage, driveway, courtyard garden



Popular residential location, well presented endterrace, lounge, re-fitted kitchen/dining room, 2 bedrooms, shower room, landscaped rear garden



Much improved detached family residence.

Ground floor cloakroom, lounge, family

room/study, dining room, fitted kitchen, utility

room, UPVC conservatory, four bedr



Samuels urgently require two and three bedroom properties for awaiting tenants



Well presented first floor flat, lounge, fitted kitchen, 1 double bedroom, bathroom, communal gardens, upvc double glazing, secured entry.







Rural location, converted barn, lounge, fitted kitchen, 1 bedroom, shower room, cloakroom, utility. Rent includes council tax, TV license & water rates



SAMUEL'S



allocated parking. No onward chain.

SAMUEL'S

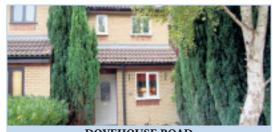


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DOVEHOUSE ROAD A STYLISH, MODERN TERRACED HOME PRESENTED TO A HIGH STANDARD.

- 1 Bedroom UPVC Double Glazing
- · Re-fitted kitchen & bathroom
- Further side by side parking

£110,000



A MODERN, SEMI DETACHED HOUSE, WITH THE ADVANTAGE OF A LARGER THAN AVERAGE REAR GARDEN.

- 3 Bedrooms Good size lounge
- · UPVC double glazing
- 2 side by side parking spaces

£144,950

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STEEPLE BUMPSTEAD A LOVELY TERRACED PROPERTY WITHIN THIS NON ESTATE LOCATION.

- Master bedroom
 Sealed unit double glazing
- Low maintenance attractive rear garden
 Allocated residents bay
- £114,950



STEEPLE BUMPSTEAD A DETACHED BUNGALOW, LOCATED IN A TUCKED AWAY CUL DE SAC POSITION IN THIS POPULAR VILLAGE, BENEFITTING

- 2 Double Bedrooms Lounge/dining room
- · Large double length garage

£220,000





BISCAY CLOSE

A DETACHED FAMILY HOME, POSITIONED IN THE CORNER OF A QUIET CUL-DE-SAC ON THE POPULAR WILSEY DEVELOPMENT.

- 3 bedrooms
- Lounge with French doors to garden.
 Kitchen/dining room
- · Family room
- Garage Plus side by side parking

£176,950



BUMPSTEAD ROAD

A SUPERB NEW DEVELOPMENT OF JUST FOUR HOUSES, CONSTRUCTED TO A HIGH SPECIFICATION.

- 3 Bedrooms
- CloakroomModern kitchen & bathroom
- Lounge/ dining roomPaved drivewayMust be seen

£167,500



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- 4 Double bedrooms
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- Kitchen/breakfast room
- Large indoor swimming pool
- Double garage with office above

£449,000



STRADISHALL

A END OF TERRACE OFFERING GENEROUS ACCOMMODATION, GARDENS AND GARAGE

- 3 bedrooms
- · Fitted kitchen and utility
- Lounge and dining room
 - Cloakroom
 - Drive and garage
 - Must be seen

£121,950



PRIMROSE HILL

A VICTORIAN TERRACED PROPERTY, LOCATED IN A POPULAR LOCATION CLOSE TO THE TOWN CENTRE, OFFERING VERSATILE ACCOMMODATION WITH NO ONWARD CHAIN.

- 2 Double bedrooms
 - Cloakroom
- Lounge and dining room
- Cellar currrently used as playroom
 - · Off road parking

£135,995



LADYGATE

A SPACIOUS, MODERN FAMILY HOME HAVING BEEN SUBSTANTIALLY EXTENDED, WITH GARAGE TO FRONT.

- 23ft living room
- Dining room
- Cloakroon
- Bathroom suite

£139,950

• PROPERTIES TO RENT •



HEMPSTEAD ROAD, HAVERHILL

AVAILABLE EARLY FEBRUARY

Located on the Cambridge side of town this well presented modern house has lounge/dining room, kitchen, two bedrooms and bathroom with jacuzzi bath, small rear garden and garage.

£595 pcm



THE OLD GRANARY

AVAILABLE EARLY MARCH

Conveniently located close to the town centre, this first floor apartment offers open plan lounge, kitchen, one bedroom with ensuite shower room and off road parking.

£475 pcm



DRAKES YARD

AVAILABLE NOW

Close to the town centre is this unfurnished second floor flat with accommodation comprising a lounge with open plan kitchen, two bedrooms and bathroom.

£520 pcm



MEADOWSWEET CLOSE

AVAILABLE NOW

A ground floor flat with unfurnished accommodation comprising an entrance hall, lounge, kitchen, one bedroom and bathroom. Allocated parking.

£425 pcm



HELIONS PARK GROVE

AVAILABLE MID FEBRUARY

Situated at the back of a cul-de-sac and conveniently located close to the town centre this end terrace house has lounge, kitchen/breakfast room, bathroom with bath and shower cubicle, 3 bedrooms. Outside is a good size rear garden, garage, carport and off road parking.

£650 pcm



GREAT BRADLEY

AVAILABLE SOON

Superbly positioned within a small village development this unfurnished detached property offers good size lounge, kitchen, three bedrooms and bathroom. There are large gardens to front and rear and parking for several cars as well as carport and garage.

£725 pcm



Email: haverhill@balmforth.co.uk 12 High Street, Haverhill, CB9 8AR

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Mike Tokley

Mike has been working with IBA Financial Solutions Ltd since May 2004 after spending the previous 16 years working with the Co-Operative Insurance Society. He is based in Haverhill but covers the entire East Anglia region. Mike specialises in all aspects of Mortgage and Protection needs, including Life Cover, Critical Illness and Family Protection.

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to let

Considering Renting out your property?

Morris Armitage Haverhill Ltd has opened brand new offices since the start of this year. We not only sell properties we manage a large portfolio around the region.

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Independent Estate Agents & Property Management





Haverhill

£145,000

A modern semi-detached property located within close proximity of local schools and shops and set within easy access to Cambridge.

Well presented and tastefully decorated throughout, the property enjoys accommodation to include living room, cleverly designed kitchen, two bedrooms and a family bathroom.







Wickhambrook

£255,000

A charming Grade II Listed property set within a semi-rural position and located within this popular Suffolk village. No onward chain.

Accommodation includes entrance hall/utility, kitchen/dining room, sitting room, bathroom and two double bedrooms. With garage and parking.







Great Bradley

£199.995

A modern and detached family home standing on the edge of this established development and located within this picturesque village.

Well presented the accommodation includes entrance porch, entrance hall, cloakroom, refitted kitchen, living room with separate dining room, three bedrooms and a family bathroom.





www.morrisarmitage.co.uk

Newmarket

Burwell

Downham Market

Haverhill



Last orders for the scrappage scheme

SCRAPPAGE is officially due to end on February 28 - but anyone wanting to take advantage of the ace deals around is advised to get their order in as quickly as possible because it's



The Hyundai i10: One of the big success

possible that the money allocated to the scheme will run out before then.

The Government-backed initiative has proved hugely successful for the trade and the public alike, accounting for a fifth of new car registrations since its inception last May.

The £2,000 discount for a tradedin older car sparked a 39 per cent sale rise in December when compared to the same month in 2008, but it was always due to be curtailed at the end of February and it now looks possible that not all customers who order their new car before February 28 under the scheme will receive the discount.

"Potential buyers are advised that they have to put their name down at the dealership before February 28," says SMMT (Society Motor Manufacturers and Traders) media manager Jon Viss-cher, "and if they don't do that then they are not going to be entitled to

any scrappage subsidy.

"Even if they do get their name down, they might not get the scrappage money if the money runs out before the end of the month."

The Government allocated £400 million to get the scheme going, and this fund is now depleted by the 360,000 new car customers who have taken advantage of the

"We anticipate this year will be another tough year," says Visscher of the post-scrappage market, citing the VAT increase to 17.5 per cent as another concern to can retailers.

"But we think manufacturers will be able to plan more evenly during the year."

Either way, now's the time to line up your scrappage exchange.

More details at ukcarscrappagescheme.co.uk. www.

be the first in range to get

Astra ecoFLEX's star turn

WITH CO2 emissions of just 109g/km and combined fuel consumption of 67.3mpg, the new Astra ecoFLEX brings even greater efficiency to Vauxhall's recently launched compact hatch range, which has already seen a 13.3 per cent average improvement over the previous model.

A raft of mechanical and aero improvements have resulted in the latest Astra ecoFLEX achieving a 12.1 per cent improvement in emissions over the 1.7 CDTi model, currently the new range's most efficient model. Better still, the ecoFLEX's added tax benefits – VED down to £35, and BIK down to 13 per cent - take effect from the new tax year in April, when the car will hit UK showrooms with a

starting price of £18,525. The Astra ecoFLEX will

the ultra-economical 1.3 CDTi 95PS diesel engine. The Astra ecoFLEX

range starts with the Level S five-door at £18,525 and rises to the five-door Sri at £19,920.

Meanwhile, the entry of Vauxhall's latest Astra to the new car market is providing the opportunity for buyers to make something of a killing on the old shape model. That's the verdict from

Used Car magazine

whose editor, Matt Tumbridge, says it is now very much a buyers' market for older model Astras.

"The arrival of the allnew, and very attractive, Astra at the end of last year has put the used market for nearly new Astras in a state of flux,"

says Tumbridge. "Main dealers need to get rid of their one to two-year-old Astra stock to make way for the more desirable new model.



The Vauxhall Astra ecoFLEX: CO2 12.1 per cent down.

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Corsa

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56 PLATE Vauxhall Astra



56 Plate Mini Cooper 1.6 Chilli Pack

53 Plate Vauxhall Astra 2.2 Elegance Estate



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Payment Hóliday

*Price includes Government Scrappage Allowance (terms and conditions apply). ¥Finance subject to status. Vauxhall range fuel consumption in mpg (L/100 km), urban 35.3 (8.0), extra urban 49.6 (5.7), combined 43.5 (6.5) the official co2 emission is 156 g/km to urban 23.0 (12.3), extra urban 44.1 (6.4), combined 33.2 (8.5) the official co2 emission is 205 g/km¥Finance subject to status, the images shown for illustration purposes only. New car offers are subject to the manufacturer's terms and conditions apply ask for full written details. All vehicles advertised are available at time of media production, but may be sourced from grost sock and not held on site.

Titan, Phantom Black
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to, Alloys, Leather, Silver
t, Black
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KIA Picanto Strike 1.1 5Dr. Hatchback - Special Edition



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Amount to credit £7017.81, Interest £153.75, Total amount payable £8686.75, Payable by 42
monthly payments £788
by 1 payment £2788

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t time of going to press and include VAT, delivery, number plates, full tank of fuel, one years road fund license and £55 first registration fee. "When purchasing an IS 2010. This cannot be used in conjunction with any other ofter. These offers are not available in conjunction with the Government Scrappage Scheme, Terms and

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Power Steering, Remote Central Locking, CD Player, Alloy Wheels, One Control
2005 (55) SAAB 93 19 TID VECTOR 4 DOOR DIESEL, Metallic Silver, Climate Control, Leather Upholstery, Cruise Control, Remote Central Locking, Electric Windows, Electric Mirrors, CD Player, Alloy Wieles), one Owner, 66.507 Willow. Leather Upholstery, Power Steering, Remote Central Locking, CD Player, Alloy Willows, CD Player, A

2005 (05) RENAULT GRAND SCENIC 1.5 DCI AUTHENTIQUE DIESEL 7 SEATS (New Model). Metallic Red. Air Conditioning Power Steering Flectric Windows Remote Central Locking. One Owner. 42.948 Miles.... £5.995

2006 (56) RENAULT MEGANE 1.4 DYNAMIQUE 5 DOOR, Metallic Blue, Air Conditioning, Power Steering, Electric Windows, Remote Central Locking, CD

2005 (05) SAAB 93 1.9 TID VECTOR 4 DOOR DIESEL, Metallic Grey, Climate Control, 2005 (05) SAAB 93 1.8 LINEAR 4 DOOR, Metallic Black, Air Conditioning, Steering, Cruise Control, Remote Central Locking, Electric Windows, I

MITTOTS, ANDY WINEES, DU, AND MILES 2004 (04) SAAB 93 18 LINEAR 4 DOOR, Red. Air Conditioning, Power Steering, Remote Central Locking, Electric Windows, Electric Mirrors, Alloy Wheels, CD Plaver, 61,389 Miles £4,995

2005 (55) RENAULT MEGANE 1.9 DCI 130 EXPRESSION 5 DOOR ESTATE DIESEL

2005 (05) ROVER 75 2.0 CDT CONTEMPORARY 4 DOOR AUTOMATIC DIESEL. Metallic

Windows, Remote Central Locking, Alloy Mices, Social Metallic Silver, Air Conditioning, Power Steering, Electric Widows, Remote Central Locking, CD 14,995 2004 (04) RENAULT MEGANE 1.4 EXTREME 3 DOOR, Metallic Black, Power Electric Windows, Remote Central Locking, CD Player, Alloy Wheels, 33,0

Electric Windows, Internate Communication of the Co

2007 (07) MERCEDES CLX 220 CDI AYANTGARDE 2 DOOR DIESEL AUTOMATIC, 2004 (54) YALXHALL MERNYA 16 LIFE 5 DOOR, Metallic Red, Air Conditioning, Member 1 Deather Unholstery, Cruise Control, Power Power Steering, Remote Central Locking, Electric Windows, CD Player, 48/56 Miles 18,59/56

Ownet, 29969 Miles.

2007 (37) FORD POUS 18 TDCI TITANIUM 5 DOOR DISSI. Metallic Red, Air Schott Conditioning, Cruise Control Parking Sensors Power Steering, Electric Windows, Remote Central Locking, ABS, CD Player, Alloy Wheels, 29288 Miles 2006 (56) FORD MA 13 STYLE 3 DOOR, Metallic Blue, Colour Coded Bumper, Power Steering, CD Player, Electric Windows, Central Locking, One Owner, 4713 Miles (1713) Miles (1714) Miles (1715) Mile

Power Steering, Hellium Community Miles 44666 Miles 2007 (07) FORD KA 13 STYLE CLIMATE 3 DOOR, Metallic Blue, Air Conditioning Conditioning Control Steering, CD Player, Electric Windows, Central Steering, CD Player, Electric Windows, Central Community Control Community Community Con

Colout Lone Designer, 48-904 Miles Locking, One Opiner, 48-904 Miles Locking, One Opiner, 48-904 Miles Locking, One Opiner, 48-904 Miles Locking, CP Player, 62-209 Miles Locking, CP Player, Alloy, Wheels, 25-304 Miles, Locking, CP Player, Alloy, Wheels, 25-304 Mi 2004 (52) PEUGEOT 307 1.6 RAPIER 3 DOOR, Metallic Silver, Air Conditioning, Power Steering. Remote Central Locking, Electric Windows, Alloy Wheels, CD Player 5.25,000

2000 (W) BMW 323 2.5 SE 4 DOOR, Metallic Red, Air Conditioning, Power Electric Windows, Remote Central Locking, CD Player, Alloy Wheels, 95;

2003 (52) SEAT TOLEDO 1.9 TDI SE 4 DOOR, Metallic Bronze, Air Con Power Steering, Remote Central Locking, Electric Windows, Alloy 2003 (53) SKODA FABIA 12 CLASSIC 5 DOOR, Metallic Blue Power Ste

Conditioning, Power Steeling, Leaves Player, Alloy Wheels, 87.247 Miles 2000 (M) HOMBA CRY 20 LS 5 DOOR AUTOMATIC, Metallic Silver, Air Conditioning, Sharina Remote Central Locking, Electric Windows, CD Player, 99977. 045 Miles

Solo 2001 (Y) ALFA ROMEO 156 2.0 TWIN SPARK 4 DOOR, Red, Air Conditioning
Schooling Remote Central Locking Electric Windows, Alloy Wheels, CC

87,308 Miles. 1998 (R) SAAB 93 2.0 SE CONVERTIBLE 2 DOOR, Metallic Black, Air Cor

56.489 Miles.

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07 (57) FABIA 1.2 12v level 2, 5 door hatchback, PAS, c/l, air con, ABS, twin airbags, alloy wheels, CD player 02 (52) FABIA 1.9 TDI Comfort Estate, PAS, air con, r/c/l, twin air bans, trip computer, e/front/w, service history. £2,995 90 (W) FABIA 1.4 16v Elegance, 5 door hatchback, air con, alloy wheels, PAS, e/v, ABS, twin airbags, trip computer, service history alloy wheels, PAS, e/w, ABS, twill allow £2,450 computer, service history £2,450 FABIA 1.4 8v Classic Estate, PAS, engine immobiliser, £1,995

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Spyker Cars NV last week confirmed that they have reached a binding agreement on the purchase of Saab Automobile AB.

'Today's announcement is great news for Saab employees, dealers and suppliers, great news for millions of Saab customers and fans worldwide, and great news for GM," said John Smith, GM vice-president for corporate planning and alliances

on Wednesday. "General Motors. Spyker Cars, and the Swedish government worked very hard and creatively for a deal that would secure a sustainable future for this unique and iconic brand, and we're all happy for the positive

outcome." As part of the agreement, Spyker intends to form a new company, Saab Spyker Automobiles, which will carry the Saab brand forward. The sale will be subject to customary closing conditions. including receipt of applicable regulatory, governmental and court approvals. Other terms and conditions specific to the sale will be disclosed later.

The Swedish government is at present reviewing the transaction and the MOT / Servicing / Free Courtesy Cars related request for guarantees of a Saab Automobile loan that has been requested from the European Investment Bank Assuming quick action the transaction is expected to close in mid-February, and previously announced wind-down activities at Saab will be immediately suspended, pending the close of the transaction.

"Throughout the negotiations. GM has always had the hope to find a solution for Saab that would avoid a wind down of the brand, added Nick Reilly, president GM Furone "We've worked with many parties over the past year, including governments and investors, and I'm very pleased that we could come to such a good conclusion, one that preserves jobs in Sweden and elsewhere GM will continue to support Saab and Spyker on their way forward "

Cambridge Saab dealer principal James Howarth said: "We hope this is now an end to all the uncertainty for the brand and believe that this will herald a new future for Saab. Further details at

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No. 62 of 2008 RE: MARIAN PATRICIA ELLIS

I intend to pay within four months from 5 March 2010 (being the last day for proving) the first and final dividend of 8.47 p/£. Creditors who have not vet

Creditors who have not yet roved their debts must do so by 5 March 2010 otherwise they will be excluded from the dividend. The required proof of debt form is available on the Insolvency Service website (www.insolvency.gov.uk, select "Forms" and the select "Forms" and then form 6.37). Alternatively, you can contact my office at 2nd Floor, Sunley House, Bedford Park, CROYDON, CR9 1TX one 02086 678017 to

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Public Notices

INSOLVENCY ACT 1986 IN BANKRUPTCY CAMBRIDGE COUNTY COURT

No. 371 of 2005 RE: SARAH JANE DANIEL

intend to pay within four months from 11 March 2010 (being the last day for proving) the first and final dividend of 3.9 p/£.

Creditors who have not yet proved their debts must do so *by 11 March 2010* otherwise they will be <u>excluded</u> from the dividend. The required proof of debt form is available on the Insolvency Service website (www.insolvency.gov.uk, select "Forms" and then form 6.37). Alternatively, you can contact my office at 2nd Floor, Sunley House, Bedford Park, CROYDON, CR9 1TX telephone 02086 678006 to supply a form.

No. 335 of 2005 RE: SUZANNE GRIGGS

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HIGHWAYS AGENCY

HIGHWAYS AGENCY ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14(1)(a) AND PARAGRAPH 27(1) OF SCHEDULE 9 THE A11 AND A14 TRUNK ROADS (CAMBRIDGE TO FELIXSTOWE) (TEMPORARY RESTRICTION AND PROHIBITION OF TRAFFIC) VARIATION

NOTICE IS HEREBY GIVEN that the Secretary of State for Transport has varied four existing Orders on the A11 and A14 Trunk Roads between Cambridge and Felixstowe, which were made to provide a safe working environment for the workforce and travelling public whilst the installation of variable message signs, foundations and associated ducts, cabling and control cabinet works are carried out.

The Orders varied are: -

The A14 Trunk Road (M1 Junction 19, Leicestershire to Exning Interchange, Newmarket, Suffolk) (Temporary Restriction and Prohibition of Traffic) Order 2009

The A14 Trunk Road (Exning Interchange, Newmarket to Dock Gate 1 Roundabout, Felixstowe, Suffolk) (Temporary Restriction and Prohibition of Traffic) Order 2009

The A11 Trunk Road (Waterhall Interchange, Junction 38 to North of B1085 Dane Hill Road, Suffolk) (Temporary Restriction and Prohibition of Traffic) Order 2009

The A11 Trunk Road (Mill Road Junction to A14 Junction 36, Bottisham, Cambridgeshire) (Temporary Restriction and Prohibition of Traffic) Order 2009

The works are expected to continue until October 2010 The Order will come into force on 8 February 2010 and have a maximum duration of eighteen months.

The effect of the Order will be to include additional provisions to allow for the closure of -

- (a) the northbound and southbound carriageways of A11 Trunk Road between points
 - 50 metres north of its junction with Mill Road, and 50 metres north of the centre point of the A1303 overbridge where the A11 joins the A14
 - AT303 overbridge where the AT1 joins the AT4 at Junction 36, in Cambridgeshire, and 50 metres south of the centre line of its junction with the entrance to Newmarket RDC Waterworks, near Waterhall Interchange, Junction 32 and 500 metres north of the centre point of the B1085 Dane Hill Road overbridge in Cambridgeshire;
- the eastbound and westbound carriageways of the A14 Trunk Road between
 - i) its junction with the western roundabout at the its junction with the western roundabout at the MI/M6/A14 Catthorpe Interchange (Junction 19, Leicestershire, including the circulatory carriageway of that roundabout and the centre point of the under bridge at the A14/A142 Exning Interchange, Newmarket, Suffolk (Junction 27), and (Junction 37), and
 - the centre point of the underbridge at the A14/A142 Exning Interchange, Newmarket, Suffolk (Junction 37) and the centre line of the A14/A154 Dock Gate 1 Roundabout, Felixstow
- (c) the slip roads leading to and from the lengths of the A11 and A14 Trunk Roads detailed at (a) and (b)
- (d) the lay-bys adjacent to the lengths of the A11 and A14 Trunk Roads detailed at (a) and (b) above;

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MRS A V MIDDLETON

An official of the Highways Agency

General Enquiries relating to this notice may be made in writing to lan Harrison at the Highways Agency 4
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the ability to work well within a team or as an individua

The ability to type and good IT skills are essential

www.cheffins.co.uk/apply.doc and apply in writing enclosing your CV and salary expectations to :

Please download an application form from our website

To apply please send a CV and covering letter to apply please send a CV and covering letter to Admin Assistant Position, Lion Yard Shopping Centre, St Tibbs Row, Cambridge, CB2 3ET or to laurie.cripps@mimapp.cou(quoting 'admin assistant' in the subject line). Closing date for applications 19th February.

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Health Care Assistants **Support Workers** Trained Nurses

No experience necessary as full training is provided to help you start a career in care. In return receive variety of work, holiday pay and friendly supportive staff (agy).

Call for an immediate interview on 01223 423315 or email e@nurseplusuk.com or pop in to see us at Unit 10, Cowley Road, ridge CB4 0WY.

Equal opportunities employer (agy).
Registered with Care Quality
Commission (CQC).

www.nurseplusuk.com

OPERATIONS ASSISTANT (PART TIME) RIDGEONS LTD **PAMPISFORD**

The Ridgeon Group is a major independent supplier of products and services to the construction and related sectors and enjoys an enviable reputation for service, quality and reliability.

Working at a friendly, busy and successful branch as part of a happy team, you will be focussed on giving good, friendly and efficient service to our customers.

The working hours will be Thursday & Friday 8.00am until 5.00pm (1hour for lunch) and Saturday 8.00am until 12.00 mid-day, making a 20 hour working week.

You will be required to work on our busy counter, in the outside yard and our warehouses. This position will need you to be multi-functional, serving customers, dealing with goods inwards and general housekeeping. A full, clean UK licence is essential.

For an informal chat about this position contact Kieth Bane, Branch Manager on 01223 497900.

For application form contact our decruitment Hotline on 01638 564787 or Email: recruitment@ridgeons.net

Closing date for receipt of applications: 12 February 2010

Cheffins

LION JORG

General Vacancies

FULL AND PART TIME STYLISTS Elaje Hair and Beauty Boutique, one of the leading salons outside London is looking to employ more stylists.

employ more styrists.

You will need at least 5 years experience ongoing appropriate training is part of the package, and there are real opportunities for career progression.

Hours and salary are negotiable.

Please write to or email Julia Gaudio at the salon with details of your experience - sell yourselfl www.elaje.co.uk 01223 244 888

salon@elaje.co.uk 2 Homerton Street, Cambridge CB2 8NX

KEY EDUCATION SERVICES REQUIRE A RECRUITMENT CONSULTANT

Based in Haverhill, liaising with schools regarding teacher requirements, handling advert responses, interviewing teachers, general administration using Excel, Word and Microsoft Outlook.

A drivers license is essential, as part of the role involves visiting clients (a company car will be made available to you.) You will be required to do 1 week in 3 On

Call dealing with early morning & evening bookings operated via a mobile phone

For a full job description please email your CV to debby.dyson@keyteacher.co.uk www.keyteacher.co.uk

Coach in a Box **Full Time Administrator**

Coach in a Box provides developmental coaching solutions globally and currently work with sixty of the world's top companies

We require an enthusiastic, committed individual to join our team at our office in Newmarket.

Applicants will be confident, have excellent organisational and communication skills with a pleasant telephone manor. You will also need to have Microsoft Word, Excel, and intermet knowledge, and be able to deliver quality work under pressure.

Main duties will include assisting the Operations Manager, holding the web based Help Desk via email and telephone, booking of UK and International shipments and general administrative tasks.

Please apply in writing explaining why you feel you would be suitable for the position with a copy of your CV to:

Kate Marsh Coach in a Box 5-7 The Avenue, Newmarket, Suffolk, CB8 9AA www.coachinabox.co.uk

Closing date: 15th February 2010

Ormiston

Ormiston Children & Families Trust is one of the largest voluntary organisations providing family support services to children and young people in the eastern region. This is achieved through direct service provision and by raising awareness of related issues through research. publications, conferences and events

Ormiston Travellers' Initiative (Cambridgeshire)

The Initiative provides an advocacy service to enable Travellers to access mainstream services, as well as a range of activities and services aimed at supporting children and young people within Travelling communities.

Senior Practitioner -Advocacy

£21,519 rising to £24,646 pro rata Full time, 35 hpw, job share will be considered, fixed term, initially to March 2011

We are looking for a highly skilled worker to offer advocacy support on a wide range of issues to members of the Travelling Communities.

You will have a relevant Childcare. Family or Community Work qualification at NVO Level 3 or equivalent. With your experience of working directly with young people and adults using a variety of techniques, you will be responsible for advocating on their behalf and engaging them in consultation and decision making processes.

For an application pack please call (01480) 496577 or download from www.ormiston.org Closing date: 12 February 2010.

Ormiston Children & Families Trust values diversity and welcomes applications from all sections of the community. Registered Charity No. 1015716.

East of England Ambulance Service

Executive PA to Executive Director(s)

Ref: 247-SSB806

£20,710 - £26,839 p.a. (AfC Band 5) Full Time - 37.5 hrs p.w.

Administration Support Assistant (Chief Executive's Office) Ref: 247-SSB807

£13,233 - £16,333 p.a. (AfC Band 2)

Based in Bedford initially with required move in Summer 2010 to new Headquarters in Cambourne, Cambridgeshire.

It is a truly challenging and exciting time for the East of England Ambulance Service. The Trust is in the process of building a strong and innovative Executive team to enable the Trust to achieve its vision of providing a high quality 999 service, non-emergency and primary care services to the citizens of the East of England and to successfully achieve Foundation Trust status in the near future. Having a committed, enthusiastic, and innovative Executive Administration team has therefore never been more important.

In order to support the Chair, Chief Executive and Executive Directors, the Trust is looking to recruit a new corporate Executive Administration Team, reporting to the Executive Officer to the Chief Executive, comprising of a Executive PA to Chair and Chief Executive, Executive PA to Executive Director(s) together with additional administrative support

The Executive Administration Team will form a professional yet friendly face of the Trust to its wide range of internal and external stakeholder

If you are keen to join us and make a difference to the lives of the citizens of the East of England through your enthusiasm, hard work and dedication to the Executive Team please apply on line at www.jobs.nhs.uk quoting the appropriate reference number

Closing date: Sunday 14 February 2010

We aim to represent and value the diversity of our local communities through our workforce and service provision.

We therefore positively encourage applications, regardless of age, race, religion or belief, gender, sexual orientation or disability.





Iliffe News and Media comprises of four regional newspaper publishing companies (including the Cambridge News), a digital media division and is the owner of Channel Television.

An opportunity has arisen within the account team of Iliffe News & Media based at our Milton office:

Assistant Management Accountant

Iliffe News & Media require an assistant management accountant to carry out duties related to the management accounts including:

- Assistance in the preparation of monthly accounts
 Producing key performance indicators across the group
 Maintaining cost allocations
 Production of accruals and pre-payments
 Maintenance of the general ledger
 Other duties as directed by the Management Accountants

Ideally, you will be ACCA/CIMA part qualified and must have

This position is Full-time and is based at our Cambridge office in Milton.

Benefits: • 5 weeks annual holiday • Following a probationary period there is an option to join a contributory pension scheme and subsidised health cash plan • Childcare

In first instance please email: Tricia Palmer at tricia.palmer@yit.co.uk for an application pack.

It is the company policy to welcome applications from any individua regardless of ethnic origin, gender, disability, religious belief, sexua orientation or age. All applications will be considered on merit.

Winship Road, Milton, Cambridge CB24 6PP





Time for a change We have the following exciting job opportunities

CROSS ROADS CARE

Fixed shifts

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Rapid Response Assessor & Carer Support Workers 1 F/T + 4 P/T - Community based Fixed shifts NVQ Level 2 or equivalent required up to £11.62ph

ICER Carer Support Workers

2 P/T - Community based

NVQ Level 2 or equivalent required

Aiming High (Children's Groups) Team Leader 4 Hour sessions on Saturdays/Holidays £35.32/session Cambridge City, St Neots, Fenland District

Session Workers (for Children's Groups)

4 Hour sessions on Saturdays/Holidays £31.04/session Cambridge City, St Neots, Fenland District

Carer Support Workers

No experience necessary - Cambs area

We offer an excellent benefits package, training & development. Vacancies are subject to a funded Enhanced CRB Disclosure. Please call on Claire 01480 499053 for an informal chat or visit our website for further details and an application form. Closing date for applications 15th February 2010.

www.crossroadscarecambridgeshire.org.uk

Equal Opportunities Employer. Registered Charity No. 1091522



Temporary Part-time Senior Nursery Nurse (Job Share)/Nursery Nurse position

The Babraham Research Campus is the home of the Babraham Institute which is world renowned for its research in life sciences that leads to new medicines and treatments for human diseases. Babraham Campus Services Limited (BCS) is a wholly owned subsidiary of the Babraham Institute and provides employment opportunities in the support services of the Institute

We have a temporary vacancy for someone to work 24.75 hours per week at two different levels. The position is to cover for maternity leave and may be available for a period of up to one year. Details are:

Part-time Job Share Senior Nursery Nurse (Starting salary range £9,291 - £11,862 p.a.)

To be the joint room leader (with the other Part-time Senior Nursery Nurse) for the staff team caring for a group of up to 9 babies aged from 6 weeks to 15 months on a Thursday 8.30 a.m. to 6 p.m. and a Friday 8.30 a.m. to 5.30 p.m. (16.5 hours per week).

Nursery Nurse (Starting salary range £3,791 - £4,890 p.a.) to primarily work with the same age group on Wednesdays from 8.30 a.m. to 5.45 p.m. (8.25 hours per week).

Applicants must have NVQ Level 3 in childcare and education, or equivalent, and experience of working with babies under the age of two.

This post is exempt from the Rehabilitation of Offenders Act 1974 and an enhanced CRB Disclosure is required.

Starting salary will be according to qualifications and experience. Benefits include pension scheme. Application forms and further details are available electronically from our website (www.babraham.ac.uk), or by contacting our 24-hour Recruitment Line on 01223 496365, or e-mail: personnel@babrahamcampus.com quoting reference LW/BCS/T. The closing

date for completed applications is 17 February 2010. NO AGENCIES

BCS is an equal opportunities employer

Part Time -**Temporary**

CLEANERS required in Saffron Walden and Stapleford for term time cleaning, please call: 01223 832922.

Experienced Florist

Required for Haverhill town centre flower shop.

Part-Time (x2)

Job share considered Tel: 07947 215553 after 6pm.

£50-£500 weekly, part-time/ spare time delivering and collecting catalogues. 0800 0434169 www.cashfor-catalogues.co.uk.

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You can now book family announcements and private classified advertisements at our

NEWSPOINT

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Cambridge News

You can now book family announcements and private classified advertisements

at our NEWSPOINT

at the Grafton Centre Information Kiosk in Cambridge.

Photographic Manager

We are looking for a manager for our INML Central photographic operation, based in Bedford.

The ideal candidate will have at least five years experience of running or being a deputy picture editor on a daily picture desk.

The person we are looking for has management skills, the ability to keep calm under pressure and a desire to raise the standards of all aspects of a photographic department of ten people based across five centres Experience of leading a team of photographers is also essential.

The ability to use and manage taking and editing of video is also desirable. A clean driving licence is

We offer a competitive salary, company pension scheme, five weeks holiday a year and a company car.

All applications should be sent to:

Alison.Lloyd@Isnmedia.co.uk explaining why they are suitable for the position and to request an application form

Closing date is Friday February 26



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LADIES SEEKING

IF YOU'RE looking to meet or chat to someone, look no further.

FEMALE 42. 5ft 8ins, solvent, profes FEMALE 42, 5ft 8ins, solveril, prolessional, seeks intelligent gent who enjoys outdoor, countryside, conversation and getting away. Tel No: 0905 tion and getting away. Tel 436 6240 Box No: 373176

LOVELY young at heart, blue eyed blonde, loves to dance seeks tall male who knows how to treat a lady. Tel No: 0905 436 6240 Box No: 376638

AMAZING lady, 31, N/S, 5ft 8ins, size 12, independent, loving, GSOH, seeks kind, gentle, honest, easygoing, good natured male for laughter, fun and maybe more. Tel No: 0905 436 6240 Box No: 371974 1

VIVACIOUS merry widow, very pretty. no ties seeks attractive younger male to get to know. Status unimportant. Tel No: 0905 436 6240 Box No: 376640

43YR old single mum, medium build. 5ft 2ins, blue eyes, seeks genuine, car-ing male for loving, laughing and rela-tionship. Tel No: 0905 436 6240 Box

PETITE female, long brown hair, fit, flirty and fun, seeks similar male for uncomplicated fun friendship. Tel No: 0905 436 6240 Box No: 376642

ATTRACTIVE divorced, blonde lady, mid 40's, intelligent, warm, caring, seeks attractive, professional male, 45-60 to enjoy life with. Tel No: 0905 436 6240 Box No: 367344

VOLUPTUOUS female, has much to offer the right male, looking for her soul mate. ACA. Tel No: 0905 436 6240 Box No: 377422

TANNED very slim, dark young girl, seeks male of any age, old or young, I promise I will call you back. Tel No: 0905 436 6240 Box No: 377606 ₩

OLDER male wanted by single mum. I live life to the full and will try anything once. I'm very interesting and attractive, please call me. Tel No: 0905 436 6240 Box No: 377604

51YR old female, blue eyes, 5ft 5ins, single mum, likes music, walks, reading, football, gardening, seeks similar male for TLC. Tel No: 0905 436 6240 Box No: 363942

FUN outgoing blonde, enjoys nice things seeks intelligent mature male for loving relationship. Tel No: 0905 436 6240 Box No: 377424

LEGGY blonde 36, size 12, attractive 5ft 7ins, seeks slim, fit, male, 25-45 for fun. Tel No: 0905 436 6240 Box No: 375878

ATTRACTIVE 47yr old lady, 5ft 4ins, seeks caring gent for friendship seeks caring gent for friendship, maybe more. **Tel No: 0905 436 6240** Box No: 356724

SOPHISTICATED attractive, high pro-file, ex fashion model, 45, look 35, likes music, dancing, walks, meals out, nights in, red wine, seeks professional male for friendship, maybe more. Tel No: 0905 436 6240 Box No: 325105

SHY young brunette, lovely figure, seeks tall dark male to snuggle up on the sofa with. It could be you. Tel No: 0905 436 6240 Box No: 377428

35YR old BBW, smoker, looking for friendship, leading to LTR with 30-45yr old male. Single dad welcome. Tel No: 0905 436 6240 Box No: 325061

PRETTY brunette 36, curvy, loyal, fun Peterborough area Tel No: 0905 436 6240 Box No: 362094

MARLENE 5ft 5ins, green eyes, brown hair, slim, N/S, Aquarius, likes walks, reading, cycling, concerts, seeks male with similar interests. Tel No: 0905 436 6240 Box No: 324847

SUZANNE single mum, caring. likes nights out, seeks male, 46-60 for fun and good times. Tel No: 0905 436 6240 Box No: 324837

YOUNG mid 40s slim petite blonde lady seeks non smoking male 20–65 yrs to share some fun times. Tel No: yrs to share some run times. re 0905 436 6240 Box No: 377600

23YRS old shy lady, curvy figure, seeks mature male for relationship. ACA Tel No: 0905 436 6240 Box No

SUSIE 38 yrs young, fit, flirty and fun. Loves dressing up, WLTM male of any age for fun. Looks unimportant. Tel No: 0905 436 6240 Box No: 377594

SLIM attractive lady, early 50's, seeks younger man for fun. Tel No: 0905 436 6240 Box No: 322677

CARING kind female, GSOH, 5ft 1ins, size 12, brow hair/eyes, mid 60's, likes days out, meals out, seeks genuine, N/S male with similar interests for friendship/relationship. Tel No: 0905 436 6240 Box No: 318997

SMART lady, N/S, slim, pleasing per sonality, seeks cheerful male, 65-70 to spend happy times together. Tel No: 0905 436 6240 Box No: 316593

CARING widow 59 GSOH easynoing, likes history, music, meals out, seeks male 55-70 for LTR. Tel No: 0905 436 6240 Box No: 314863

BLACK beauty, slim, attractive, 30's, loving, honest, caring, likes cinema, weekends away, theatre, seeks decent, genuine male, 29-45 for LTR. Tel No: 0905 436 6240 Box No: 214122

LINDA 51, brown eyes, blonde hair caring, loving, loyal, honest, GSOH, many interests, seeks male for friendship, fun, maybe more. Tel No: 0905 436 6240 Box No: 322609

INTELLIGENT slim, beautiful blonde 60, young looks, likes gym, seeks male. Tel No: 0905 436 6240 Box No:

BLUE eyed blonde, 5ft 4ins, slim, 50's, likes walks, cooking, travel, GSOH, seeks male for companionship, maybe more. Tel No: 0905 436 6240 Box No: 313289

body, long hair, gorgeous, seeks male. Tel No: 0905 436 6240 Box No: 312645

64YR old widow, seeks genuine n 0905 436 6240 Box No: 309849

ATTRACTIVE female, seeks kind, attractive male, 27-35. Tel No: 0905 436 6240 Box No: 309641

FRIENDLY warm, attractive 40 some thing female, likes concerts, sports, modern art, travel, seeks educated male, 40-55 for friendship, possible LTR. Tel No: 0905 436 6240 Box No:

SINGLE mum, 28, 5ft 3ins, slim, GSOH, caring, loving, seeks male, 25-30 for friendship, maybe more. **Tel No: 0905 436 6240 Box No: 309109**

JANE easygoing, enjoy life, seeks similar male for friendship, maybe more. Tel No: 0905 436 6240 Box No: 311001 ₩

GORGEOUS cuddly female, tall, slim seeks fit male, 40's for love and romance. Tel No: 0905 436 6240 Box No: 308815

SLIM lady, N/S, smart, good company, seeks gent, 60 plus to share the simple pleasures in life. Tel No: 0905 436 6240 Box No: 306433

WENDY early 40's, size 8, dark hair, likes dancing, music, socialising, walks, cycling, nights in, seeks special with young outlook. Tel No: 0905 436 6240 Box No: 301647

ATTRACTIVE lady 65, GSOH, loving, caring, likes meals out, gardening, seeks male, 65-70 for LTR. Tel No: 0905 436 6240 Box No: 375052

MEN SEEKING

LOOKING to MEET or CHAT to some-

JOHN 52, 6ft, slim-medium build, likes music, gardening, DIY, nights in, seeks female for friendship, maybe more. Tel No: 0905 436 6240 Box No: 324975

RELAXED fun, fit, down to earth, N/S ex teacher, 49, 5ft 8ins, medium build, seeks female up to 50 for fun and friendship. Tel No: 0905 436 6240 Box No: 324675

49YR old male, N/S, medium build, own hair and teeth, seeks genuine, ginger haired lady. Tel No: 0905 436 6240 Box No: 371032 🚳

STEVE 40, caring, 5ft 10ins, likes socialising, cinema, nights in/out, seeks female, 35-45 with similar interests for friendship, possible relationship. Tel No: 0905 436 6240 Box No: 376352

48YR old male, single dad, slim. attractive, outgoing, likes history, fishing, seeks female, 35-49 for friendship be more. Tel No: 0905 436 6240 Box No: 375462

GENUINE male, 50, 6ft, medium build, likes most things, seeks female to share them with. Tel No: 0905 436 6240 Box No: 376134

6240 Box No: 376134 CARING male, 48, likes country walks, nights in, honest, genuine, seeks female, 40-50 for friendship, maybe more. Tel No: 0905 436 6240 Box No: 375392

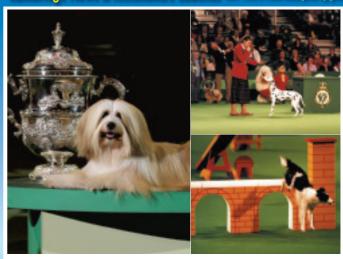
59YR old tactile farmer, seeks white/mixed race female for LTR. Tel No: 0905 436 6240 Box No: 374712

MALE 53, fit, active, articulate, warm, caring, solvent, no ties, seeks similar slimmish lady for friendship and beyond. Tel No: 0905 436 6240 Box No: 374320

STEVEN 50, 5ft 9ins, slim-medium build, grey hair, blue eyes, glasses, likes bowls, football, cinema, theatre, days out, seeks female for friendship, maybe more. Tel No: 0905 436 6240 Box No: 370840 📆

ANDY 48, divorced, honest, no ties, romantic, N/S, likes dancing, socialising, meals out, seeks similar female, 40-55 for friendship, maybe more. **Tel** 40-55 for friendship, maybe more. Te No: 0905 436 6240 Box No: 374158

Cambridge News & Richmond's Coaches DAY TRIPS from local pick-up points



Crufts 2010

Make no bones about it, dog lovers are guaranteed to have a howling time at Crufts 2010, the world class event organised by the Kennel Club.

Departures

Thursday 11 March - Working & Pastoral Dogs Friday 12 March - Terrier & Hound Saturday 13 March - Toy & Utility Sunday 14 March - Gundog

Coach fare only £24.00



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JOINING IS FREE, PLACE YOUR FREE AD TODAY OR VISIT US ONLINE

BOB 66, likes TV, DVDs, music, nights in/out, gardening, shy, lonely, seeks female, 55-70 for LTR. Tel No: 0905 436 6240 Box No: 374006

MARK 51, divorced, honest, genuine, caring, sincere, home owner, N/S, seeks similar. Tel No: 0905 436 6240 Box No: 373520

PHIL 51, divorced, 6ft 1ins, N/S, chatty, outgoing, friendly, seeks female, 45-55 with good personality. Tel No: 0905 436 6240 Box No: 371470

MICHAEL 55, black hair, brown eyes divorced, likes music, walks, keep fit, holidays, seeks similar female for maybe more. Tel No: 0905 436 6240 Box No: 369344

59YR old male, easygoing, caring medium build, likes countryside, gar-dening, days out, nights in, seeks female, 60-65 for companionship. Tel No: 0905 436 6240 Box No: 369266

GAY SEEKING

IF YOU'RE looking to meet or chat to other men, look no further.

BI male, 34, 5ft 6ins, blond, tattooed, good looking, straight acting, non scene, seeks similar gut for fun and friendship. Tel No: 0905 436 6240 Box No: 324803

BI male 47, slim, 5ft 10ins, dark eyes/hair, likes CD, music, dancing, sports, meals out, seeks male. Tel No: 0905 436 6240 Box No: 308185 66

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TO REPLY TO AN AD CALL 0905 436

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EEKLY NEWS SPORT

February 4, 2010 email: haverhillsport@cambridge-news.co.uk

Send your emails and pictures to haverhillsport @cambridge-news.co.uk

>> Point-to-point

Matt Blowing hot in cold

HORSEHEATH just managed to beat the weather to stage their opening meeting of the year – and local trainer Matt Smith was more than grateful.

A sharp overnight frost and a dusting of snow raised doubts, and several trainers and owners walked the course, testing the crusty surface which had enough give underneath.

Many decided not to risk their

horses at the Cambridgeshire with **Enfield Chace meeting, but Smith** let Whistle Blowing take his chance in the older-horse Maiden heat and was rewarded with an all-the-way win by a horse owned by Robert Fuller, from Haverhill. Another grateful the meeting was given the go-ahead was Clare Hobson, the rider-trainer from Reed, who has a very successful record at the course. Although Irish Rebel was her first

winner as a trainer, victory in the Novice Riders' race was Hobson's seventh as a jockey, with the majority of those coming at Horseheath

>> Golf

Easy for Paul

PAUL Houchen was a convincing winner of the IFF Challenge at the Haverhill club.

He fired 76,the lowest gross score, and has now had his handicap

reduced to five.
Division One: 1 Paul Houchen 76-6-70. 2 Richard Sharp 80-7-73, 3 Chris Vince

82-5-77.
Division Two: 1 Stewart Johnstone DIVISION INO: 1 SEWART JOHNSTONE 90-18-72, 2 Graham Hepworth 93-20-73, 3 Andy Softley 88-14-74. Division Three: 1 Duncan Watson 98-26-72, 2 Ken Johnson 104-26-78, 3 Barry Shuter 101-22-79.

■ The Coupals Road course provided a tough test for the ladies in their stableford event, Pat Kennedy coming out top with

Denise Walker was next best on 28pts, beating Lyn Fish on countback.

>> Rugby Union

Frozen out

UNBEATEN Haverhill have lost top spot in Eastern Counties League Division Two.

Their trip to Lakenham Hewett was postponed because of a frozen pitch and Harwich & Dovercourt took advantage, beating Felixstowe 40-9 to leap into pole position. But Haverhill, having won nine games out of nine, have a game

>> Football

Somersham Town 2 West Wratting 9

Cambridge and District Colts League, Division 13C

HARVEY Scotton sparked an outstanding display from West Wratting against hard-working

The visitors' man of the match started his impressive contribution with the opening goal as Wratting raced into a 6-1 lead at the break, the other goals coming from Ben Murray, Robert Foster,

Michael Torode (2) and Leon Bailey.

Despite the loss of keeper Aaron Millar – he was hurt making a brave stop – Wratting contained their rivals and extended their lead with goals from Murray, Mark Coulson and Jack Payne. Haverhill Rovers 2 Whittlesford Warriors 0

Cambridge and District Colts League, under-11

A SOLID defensive performance helped Rovers see

Great Scot! Harvey sparks a goal blitz

>> Cambridge and District Colts League

off a strong side. Although they had chances to end the stalemate in the first half, Haverhill were their backline, man-of-the-match performance from James Revell, held firm until Charlie Stephens volleyed home to break the deadlock.

And Chinno Nikem-Paul made the victory safe

with a superb solo goal, finishing off a solo run with

a fierce drive. West Wratting 3 St Ives Rangers 3

Cambridge and District Colts League, under-12D

JACK Harvey's superb free kick earned West Wratting a draw after a pulsating match.

Wratting had made an excellent start, Charlie Ellam firing in from a tight angle and Mo Horsley putting them 2-1 ahead after St Ives equalised.

However, the half-time team talk - reminding them to stay focused after they surrendered a two-goal lead against the same opposition in the cup the previous week - seemed to fall on deaf ears as St Ives struck twice in the first five minutes of the half. But, inspired by man-of-the-match James Cutting, Wratting drew level midway through the half when Harvey curled in his free kick.

e've got strengt

Betts not worried by rustiness as fixtures continue to pile up

PETER Betts believes his players are fitter than ever to deal with the postponements and disruption caused by the recent wintry blast.

Rovers' match against Harwich & Parkeston on Tuesday night was called off because of a waterlogged pitch, just four days after last Saturday's fixture at Kirkley & Pakefield also fell foul of the weather.

But having given his squad a rigorous pre-season training schedule, Betts expects his players to show no signs of rustiness this weekend when Kirkley & Pakefield

are again the scheduled opposition. only this time at Hamlet Croft.

'We put a proper fitness plan in place during pre-season and we've worked really hard on it," he said.

The coaches and players have all done well and we're seeing the benefits of it now.

"The only excuses we'll have if we don't get a good result is that that Kirkley were a better

team than us."

He said: "The top five or six teams in this league are out on their own a bit, so if we can get a point it will be a bonus that will stand us in good stead for the battle for mid-table."

Only Neil Cogger is unavailable on Saturday with Betts expecting to have a strong squad from which to choose. "We've got to make sure we defend well and don't make any individual errors.

"We'll set out to frustrate them and will certainly not be underestimating them.

"It's a case of concentration and that's been much better this year.

'We've beaten some good teams. such as Wroxham and Stanway Rovers, and we need to do the same against Kirkley.'

ANNABELLE Farrell received a special award for good sportsmanship when the West Suffolk club held their annual awards ceremony.

The presentations were made by guest of honour Don Neate, the vice-president of the ASA, assisted by the club's head coach Dan Pilbrow and technical coach Phil Ward.

And the club has already set a marker for this year with 50 swimmers participating in multiple events at the county championships next month. They also expect to be well represented at the regional events in May and June.

Age group winners: Seven years and under - Scarlett Guy

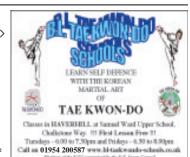
>> Swimming

Farrell earns top plaudit from club

and William Harpur Davies; eight-years – Ruth Burgess and Sam Wortley; nine years – Chloe Riches and Ollie Trent; 10 years: Casey-Jo Maggs and Gregory Buckle; 11-years: Eleanor Wright Casey-Jo Madgs and oregory Bucke; 1-years: Leanor Wright and Edward Briars; 12 years - Molly Reeder and Tom Buckle; 13-years: Tamsin Ransome and Patrick Briars; 14 years - Bethan Bottomley and Robert Cooper; 15 years - Alex Taylor and Danny Proffitt; 16 years - Jennifer Titterrington and Sean Collier; 17 years - Andrew Kimpton; 18 years - Chris Titterington.

■ Well done: Winners with their trophies (above).

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